



MENTAL
HEALTH
FIRST AID



Adult Mental Health First Aid

Thurs. & Fri., Nov. 15 & 16

9:00 am. - 1:00 pm. .

Mendocino County Office of Education

Birch Lab 1

2240 Old River Road

Ukiah

Instructors:
Natasha Carter
Steve Hahm

Learn to:

- Recognize warning signs of mental health problems
- Provide initial help, support & intervention
- Connect adults to professional help and community resources
- No experience or background in counseling or mental health necessary.

Register Here

