



MENTAL HEALTH FIRST AID



KAISER PERMANENTE®



Catholic
Charities
of the East Bay

Mental Health First Aid USA

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help.

Mental Health First Aid trainings seek to empower community members to respond compassionately and directly when someone experiences a mental health challenge. This course is appropriate for anyone who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions. Course participants come from a variety of backgrounds and use the skills learned from this training in their daily lives, including within their own families, workplaces, and communities.

Mental Health First Aid instructors provide a list of community and national resources for mental health and addictions treatment and support. All trainees receive a program manual to complement the course material.

Provider approved by the California Board of Registered Nursing, Provider Number CEP 2365 for 6.5 contact hours.

Dates and Locations

Oakland

December 18th, 2017

9 am - 5 pm

*Catholic Charities
of the East Bay*

433 Jefferson St.

Oakland, CA

Register here:

bit.ly/Oak-MHFA

San Francisco

February 23rd, 2018

9 am - 5 pm

San Francisco Medical Center

2425 Geary Blvd

San Francisco, CA

Room MEZZ 1

Register here:

bit.ly/SF-MHFA

Sacramento

March 8th, 2018

9 am - 5 pm

The Arden Education Center

3212 Arden Way

Sacramento, CA 95825

Register here:

bit.ly/Sac-MHFA

Antioch

March 23rd, 2018

9 am - 5 pm

Antioch Medical Center

4501 Sand Creek Rd

Antioch, CA 94531

Register here:

bit.ly/Atch-MHFA

Registration and Contact

Registration is free thanks to generous funding from Kaiser Community Benefit.

Registration is required.

Questions? Contact Nesi Wills at fwills@cceb.org or 510-290-6103

About Catholic Charities of the East Bay

Catholic Charities of the East Bay's services are rooted in compassion and human dignity for all. We work with youth, children and families to promote resilience, strengthen families and pursue safety and justice. We serve and work in partnership with all and celebrate the diversity of our community, including those of any background, race, ethnicity, gender identity, sexual orientation, and religious or spiritual affiliation or belief.

