



BE ONE IN A MILLION:
A Trained Mental Health First Aid Provider
"So it's as common as CPR"



MENTAL HEALTH FIRST AID



Helping understand Mental Health among:

Parents, families, educators and students.

Schools and Medical personnel.

Social Service providers.

Nonprofit and private organizations



**REGISTER TODAY!
SPACE IS LIMITED!**

WHEN:

**Monday, March 19 and
Wednesday, March 21**

TIME:

9:00 am – 1:00 pm

WHERE:

Parent Community Center
San Ysidro School District
4350 Otay Mesa Rd
San Ysidro , CA 92173

The San Ysidro School District and Mental Health America invite you to participate in a 2 day "Mental Health First Aid" course.

This 2 day course will provide you with the tools to recognize the risk factors, warning signs and specific symptoms of mental health illnesses such as Anxiety, Depression, Substance Abuse, Schizophrenia, and Bipolar Disorder. It teaches you a 5 step plan of action to help a person experiencing an emotional crisis. At the end of the 2 day course you'll receive a certificate provided by the *National Council for Behavioral Health*

**For more information, please call
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