



Mental Health First Aid Training for Clergy and Lay Leaders

free one-day training available

Saturday May 21st

8:30 am – 5:30 pm

First Congregational Church of San Rafael

8 North San Pedro Road

San Rafael, CA 94903

This course is brought to you by:

Marin County Mental Health and Substance Use Services

Mental Health Services Act – In collaboration with FCC San Rafael

- **Participants must attend the full day.**
- **Lunch will be provided.**

TRAINING REGISTRATION REQUIRED:

Complete the information below and email or mail it to: **Edtiana Rockwell at:**

ERockwell@marincounty.org • 415.473.2543 ph • 20 N. San Pedro Rd., Suite 2021, San Rafael, CA 94903

Name: _____ Agency/Affiliation: _____

Phone number: _____ E-mail address: _____

Who should attend? Anyone can take the 8-hour Mental Health First Aid course – including first responders, students and teachers, leaders of faith communities, service providers, and caring citizens.

This course is not intended for trained mental health providers.

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone – friend, family member, co-worker, neighbor, or member of the community – in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

www.MentalHealthFirstAid.org

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling (415) 473-4381 (Voice)/(415) 473-3232 (TTY) or by emailing at disabilityaccess@marincounty.org at least **four work days** in advance of the event. Copies of documents are available in alternative formats, upon written request.