MENTAL HEALTH FIRST AID TRAINING

Two-day event:
Friday, March 13th & 20th
8:30am – 12:30 pm, Room 913

Open to any students interested in:
- Becoming certified in mental health first aid
- Learning how to help students in distress
- Gaining knowledge of signs, symptoms, and risk factors of mental illnesses and addictions
- Engaging in experiential activities that build understanding of mental illness
- Learning about evidence-supported treatment & self-help strategies
- Increasing personal mental wellness

Call the Student Health Center at (831) 479-6435 for more information or Register Online by visiting www.cabrillo.edu/services/health/.html and looking under “Upcoming Events” for the registration link! *Email cabrillopeers@gmail.com if interested in helping with event set-up!