MENTAL HEALTH FIRST AID TRAINING

Part 1
Complete a 2 Hour Self-Paced Course by
November 1\textsuperscript{st} for Session 1 OR
November 11\textsuperscript{th} for Session 2

Part 2
Live Webinar:
Session 1 November 3\textsuperscript{rd} & 4\textsuperscript{th} 3:00 – 6:00 pm
Session 2 November 13\textsuperscript{th} 8:30 – 2:30 pm

Call or email SHS to reserve your seat
(831) 479-6435 or healthservices@cabrillo.edu

Open to all students and employees interested in:

• Becoming certified in Mental Health First Aid
• Learning how to help others in distress
• Gaining knowledge of signs, symptoms, and risk factors of mental illness and addiction
• Learning about evidence-supported treatment & self-help strategies
• Increasing personal mental wellness
• Also open to community members for a $50 fee

Student Health Services. (831) 479-6435.healthservices@cabrillo.edu