

SAN MATEO COUNTY BEHAVIORAL HEALTH  
SERVICES AND KINGDOM LOVE, LLC PRESENTS

# MENTAL HEALTH FIRST AID

MHFA teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in people. This training gives adults the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care

## TOPICS INCLUDE

COMMON MENTAL  
HEALTH SIGNS AND  
SYMPTOMS

SUICIDE  
WARNING SIGNS

CULTURAL  
CONSIDERATIONS

SELF-CARE

## LEARNING OPTIONS

### Blended Training

After completing a 2-hour self-paced online course, First Aiders will participate in a 6.5-hour skill-based training, on zoom or in-person

### In-Person

First Aiders will participate in a 8.5-hr in-person training

**REGISTRATION  
INFORMATION**

[bit.ly/ThriveMind](https://bit.ly/ThriveMind)

Kingdom Love, LLC. | [www.kingdomlove.live](http://www.kingdomlove.live) | [Lisa@KingdomLove.Live](mailto:Lisa@KingdomLove.Live) | [@1kingdomlovelc](https://twitter.com/1kingdomlovelc)



Kingdom Love, LLC



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES

# November 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

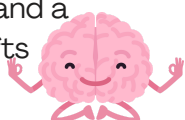


In-Person YMHFA for  
Tribal Communities  
and Indigenous  
Peoples'  
9:00am-6:00pm



Blended Virtual  
Youth MHFA  
9:00am-4:00pm

**Brain Tip:** Prepare your mind and heart for the season ahead; a calm spirit and a centered heart are the greatest gifts you can give yourself to stay well through the holiday hustle.



**FOR MORE  
INFORMATION  
AND TO REGISTER**

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# December 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Blended In-Person  
Adult MHFA  
9:00am-4:00pm



Blended Virtual  
Adult MHFA  
9:00am-4:00pm



FOR MORE  
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