

Help Make Mental Health First Aid  
**1 Million Strong.**

Be **1** in a  
**million**   
**#1in1m**



Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you 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 appropriate care.

**February 6th and 7th**

**8:30am - 1pm**

Clarksburg Room, Gonzales Building  
25 N. Cottonwood, Woodland, CA

**February 10th and 11th**

**8:30am - 1pm**

Mary L Stephens Davis Library  
315 E 14th St, Davis, CA 95616

**\*Participants must attend *both* days in order to receive certificate\***

To Register contact:

Tessa Smith

[mhsa-mhtrainings@yolocounty.org](mailto:mhsa-mhtrainings@yolocounty.org)

