



# Join us for a Virtual Training: Adult Mental Health First Aid Certification

**FREE TRAINING!**

Open to Yolo County staff, provider staff and community volunteers

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges.

## What does the training cover?

- Common signs & symptoms of mental illness
- Common signs & symptoms of substance use disorders
- How to interact with a person in crisis
- How to connect the person with help
- The "Algee" action plan

## What is the process?

- Register for the training using the link provided
- Complete a 2-hour independent online learning module prior to the class
- Attend the live training on zoom. You must attend the full duration of the training
- Successfully complete an online quiz and evaluation
- Receive a 3- year professional certification in MHFA conferred by the National Council for Mental Health

For questions email: [MHSA-MHTrainings@yolocounty.org](mailto:MHSA-MHTrainings@yolocounty.org)

Questions? Call 530-666-8710

**Dates:**

**1/4/2024**

**OR**

**1/30/2024**

**Time:**

**8:30 am - 4:00 pm**

**Morning break  
1 hour lunch Afternoon  
Afternoon break**

## Your Trainer:



Jorge Cervantes

Certified Youth and Adult  
MHFA

Instructor,

MHSA Outreach Specialist



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING