

Mental Health Services Act Prevention and Early Intervention Community Education Schedule

Mental Health First Aid (Youth)

Wednesday and Thursday October 21 & 22 2015

8:30am to 12:30pm each day (must attend both days)

Stephens Library (Blanchard Room)

315 E. 14th Street Davis, CA 95616

SafeTALK

Friday November 6, 2015

8:30am to 12:30pm

Bauer Building Walker Conference Room

137 N. Cottonwood Street Woodland, CA 95695

Mental Health First Aid (Adult)

Wednesday and Thursday November 4 & 5 2015

1:00pm to 5:00pm each day (must attend both days)

Gonzales Building Community Room

25 N. Cottonwood Street Woodland, CA 95695

ALL TRAININGS ARE PROVIDED FREE OF CHARGE TO THOSE WHO LIVE, WORK, ATTEND SCHOOL OR VOLUNTEER IN YOLO COUNTY.

PRE-REGISTRATION IS REQUIRED

Training descriptions:

SafeTALK: This 4-hour training helps prepare community members to identify persons with thoughts of suicide and connect them to suicide first aid resources. The class is open to anyone fifteen (15) years of age, or older.

Youth Mental Health First Aid: This is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents. This course is open to anyone age eighteen (18) or older who regularly works or interacts with youth.

Mental Health First Aid for Adults: This interactive 8-hour course is basic in design to help inform the **general public** about mental health concerns and offer ways to support others in our community, while helping to reduce stigma surrounding mental illness. This course is open to anyone age eighteen (18) or older.

To register for any of these classes please send an email to admh-firstaid@yolocounty.org
or call the MHSA voicemail at (530) 666-8712

Trainings are currently being scheduled and coordinated by Donna Bousquet
donna.bousquet@yolocounty.org