



## MENTAL HEALTH FIRST AID



KAISER PERMANENTE®



Catholic  
Charities  
of the East Bay

## Mental Health First Aid USA

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Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help.

Mental Health First Aid trainings seek to empower community members to respond compassionately and directly when someone experiences a mental health challenge. This course is appropriate for anyone who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions. Course participants come from a variety of backgrounds and use the skills learned from this training in their daily lives, including within their own families, workplaces, and communities.

Mental Health First Aid instructors provide a list of community and national resources for mental health and addictions treatment and support. All trainees receive a program manual to complement the course material.

*Provider approved by the California Board of Registered Nursing, Provider Number CEP 2365 for 6.5 contact hours.*

## Dates and Locations

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### Oakland

*December 18th, 2017*

*9 am - 5 pm*

*Catholic Charities  
of the East Bay*

*433 Jefferson St.*

*Oakland, CA*

*Register here:*

*[bit.ly/Oak-MHFA](http://bit.ly/Oak-MHFA)*

### San Francisco

*February 23rd, 2018*

*9 am - 5 pm*

*San Francisco Medical Center*

*2425 Geary Blvd*

*San Francisco, CA*

*Room MEZZ 1*

*Register here:*

*[bit.ly/SF-MHFA](http://bit.ly/SF-MHFA)*

### Sacramento

*March 8th, 2018*

*9 am - 5 pm*

*The Arden Education Center*

*3212 Arden Way*

*Sacramento, CA 95825*

*Register here:*

*[bit.ly/Sac-MHFA](http://bit.ly/Sac-MHFA)*

### Antioch

*March 23rd, 2018*

*9 am - 5 pm*

*Antioch Medical Center*

*4501 Sand Creek Rd*

*Antioch, CA 94531*

*Register here:*

*[bit.ly/Atch-MHFA](http://bit.ly/Atch-MHFA)*

## Registration and Contact

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Registration is free thanks to generous funding from Kaiser Community Benefit.

Registration is required.

Questions? Contact Nesi Wills at [fwills@cceb.org](mailto:fwills@cceb.org) or 510-290-6103

## About Catholic Charities of the East Bay

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Catholic Charities of the East Bay's services are rooted in compassion and human dignity for all. We work with youth, children and families to promote resilience, strengthen families and pursue safety and justice. We serve and work in partnership with all and celebrate the diversity of our community, including those of any background, race, ethnicity, gender identity, sexual orientation, and religious or spiritual affiliation or belief.

