

**Mono County Behavioral Health
Presents**

Introduction To Mental Health First Aid

Identify. Understand. Respond.

**Learn How You Can Help Someone in Emotional Distress.
This **FREE** 3-hour mini session will teach you to the skills to
identify, understand and respond to people in distress who
are experiencing a mental health or substance-use crisis.**

OPEN TO THE PUBLIC

Space is Limited. Please Register by May 20, 2022

To register email [Susi Bains @sbains@shinehelp.org](mailto:Susi.Bains@shinehelp.org)

All materials will be provided. Address and conference room locations will be announced
at registration

**This class is sponsored by Mono County Behavioral Health and is funded
by the Mental Health Services Act**

4 CLASSES TO CHOOSE FROM!

**Wednesday May 25, 2022
Mammoth Lakes**

- 9:00 am-12:00 pm
- 1:00 pm - 4:00 pm
- 5:00 pm - 8:00 pm

**Thursday, May 26, 2022
Bridgeport**

4:00 pm-7:00 pm

Light Refreshments Served

