

# BECOME A CERTIFIED MENTAL HEALTH FIRST AIDER

## ***DID YOU KNOW...***

**ONE out of every FOUR people** has struggled with a mental health problem at some point in their lives. That's **more than** those affected by **heart disease, lung disease and cancer, COMBINED!**

Many people suffer alone because they don't know how or where to seek help.

***But there is hope. And that hope is you.***

**Help break the stigma of seeking help for mental health issues.... become a certified Mental Health First Aider.**

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid gives you helpful information and resources so you can offer emotional support and practical help to someone in a mental health crisis.

The interactive 8-hour course can be conducted as a one-day seminar or across multiple days to accommodate tight schedules.

You may attend one of our scheduled sessions, or we can present classes at your location.

## OUR MISSION

Child & Family Center helps build a healthy Santa Clarita Valley by providing mental health, behavioral and education services to children, teens, adults and families.



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**[www.childfamilycenter.org](http://www.childfamilycenter.org)**

**Improving lives...one family at a time.**

# MENTAL HEALTH FIRST AID

**FREE**  
Youth Mental Health  
First Aid Course

