



SEA 1 EN UN MILLON: De los Proveedores de Primeros Auxilios en Salud Mental "Para que sea tan común como CPR"

Mental Health America de San Diego ofrece entrenamiento *gratuito* en:



# PRIMEROS AUXILIOS PARA LA



# SALUD MENTAL

Ayudando a comprender la salud mental entre:

Padres, familias, educadores y estudiantes.

Oficiales de policía y fuerzas de seguridad.

Escuelas y personal médico.

Proveedores de servicios sociales.

Organizaciones sin fines de lucro y privadas.

Para registrarse visítenos en:

[WWW.MHASD.ORG](http://WWW.MHASD.ORG)

Vaya a "Events"

Pulse el botón: Mental Health First Aid  
Y elija la fecha del entrenamiento ó

Llame a:

Nancy Machuca

Mental Health America of San Diego  
(619) 543-0412 ext. 119  
nmachuca @ mhasd.org

De acuerdo con el  
"National Council  
for Behavioral Health"

El curso de "Proveedores de Primeros Auxilios para la Salud Mental" es un programa certificado de educación pública de 8 horas, que introduce a los participantes a reconocer factores de riesgo, señales de advertencia y síntomas específicos de enfermedades mentales tales como Ansiedad, Depresión, Uso de sustancias, Esquizofrenia y Desorden Bipolar. Enseña un plan de acción de 5 pasos para apoyar a las personas que están experimentando una crisis emocional.

# FREE MENTAL HEALTH FIRST AID TRAINING



ARE YOU WITH US?



## MAY 2019 SCHEDULE

### Central Region – MHASD, 4069 30<sup>th</sup> Street San Diego, CA. 92104

|                                |                    |      |           |         |
|--------------------------------|--------------------|------|-----------|---------|
| Wednesday, May 1, 2019         | 8:30 AM – 5:00 PM  | OPEN | SAN DIEGO | ADULT   |
| Monday, May 6, 2019            | 8:30 AM – 5:00 PM  | OPEN | SAN DIEGO | SPANISH |
| Wednesday, May 8, 2019         | 8:30 AM – 5:00 PM  | OPEN | SAN DIEGO | YOUTH   |
| Monday, May 13, 2019 (Part 1)  | 10:00 AM – 2:00 PM | OPEN | SAN DIEGO | ADULT   |
| Tuesday, May 14, 2019 (Part 2) | 10:00 AM – 2:00 PM | OPEN | SAN DIEGO | ADULT   |
| Saturday, May 18, 2019         | 8:30 AM – 5:00 PM  | OPEN | SAN DIEGO | ADULT   |
| Wednesday, May 22, 2019        | 8:30 AM – 5:00 PM  | OPEN | SAN DIEGO | VETERAN |
| Thursday, May 30, 2019         | 8:30 AM – 5:00 PM  | OPEN | SAN DIEGO | YOUTH   |

### North Inland Region – HHSA – Live Well Center, 649 W. Mission Avenue, Escondido, CA 92025

|                         |                   |      |           |                 |
|-------------------------|-------------------|------|-----------|-----------------|
| Wednesday, May 1, 2019  | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | YOUTH           |
| Friday, May 3, 2019     | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | SPANISH (ADULT) |
| Friday, May 17, 2019    | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | ADULT           |
| Tuesday, May 21, 2019   | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | SPANISH (YOUTH) |
| Wednesday, May 29, 2019 | 8:30 AM – 5:00 PM | OPEN | SAN DIEGO | VETERAN         |

### Central Region – CARE Community Center, 12 N Euclid Avenue, National City, CA 91950

|                                |                    |      |               |       |
|--------------------------------|--------------------|------|---------------|-------|
| Monday, May 20, 2019 (Part 1)  | 10:00 AM – 2:00 PM | OPEN | NATIONAL CITY | ADULT |
| Tuesday, May 21, 2019 (Part 2) | 10:00 AM – 2:00 PM | OPEN | NATIONAL CITY | ADULT |



To register for any of the above trainings,  
Visit <http://mhasd.org/first-aid-programs>

Or call (619) 543- 0412 x113

To host a training at your location.



Mental Health First Aid is an 8-hour certified public education program that introduces participants to risk factors, warning signs and symptoms of specific types of illnesses such as anxiety, depression, substance abuse, bipolar, and schizophrenia; builds understanding of their impact, and teaches a five step action plan to support someone developing an emotional crisis.