

Mental Health First Aid USA

FIRE / EMS



**Saturday
December 3rd
2022**

8:30AM-5:00PM

Lunch is Provided

Register online at: <https://mhfapdhfe.eventbrite.com>

8-HR CERTIFICATION COURSE

Increase your ability to:

- Recognize signs that a mental health problem could be developing
- Respond appropriately to someone in crisis

TOPICS COVERED

- Anxiety, Depression & Panic Attacks
- Cumulative Stress, Trauma & PTSD
- Mood Disorders & Psychosis
- Suicide & Non-Suicidal Self-Injury
- Substance Use Disorders

EMS & Nursing CEs Provided!

Quincy Fire Department - Station 1

505 Lawrence St, Quincy, CA 95971

For more information contact:

Sam Blesse

EMS Supervisor - Care Flight Ground
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Dana Nowling

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