Mental Health First Aid

Mental Health First Aid is an innovative, 8-hour course designed to give you the tools to recognize a range mental health problems and the skills and confidence to help someone in a mental health crisis. The program provides a concrete action plan to help someone in crisis connect with appropriate professional, peer, and self-help care.

When:  August 7 & 14 • 12:00 – 4:00 p.m.

Where:  Golden Community Center
1470 10th St, Golden, CO 80401 • Community Room

YOU WILL LEARN

✔ The warning signs and risk factors for depression, psychotic disorders, substance use and more.

✔ A 5-step action plan to help someone in crisis connect to professional care.

✔ Resources available to help someone with a mental health problem.

For more information, please contact Stephanie Schiemann at 303-432-5058 or Stephs@jcmh.org