

## ADULT Mental Health First Aid

ADULT Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

The Aldea CARE program provides the 8-hour total Mental Health First Aid training free of charge to organizations and individuals who live and/or work in Solano County. Included in the training is a useful educational manual and a certificate of completion. Please do not miss this outstanding learning opportunity!

For more information and reservations, contact:

**Cecilia A. Jungkeit** at (707)  
427-1845 ext. 420 or  
[cajungkeit@aldeainc.org](mailto:cajungkeit@aldeainc.org)

Trainings are located at:

**Aldea**  
470 Chadbourne Rd.  
Fairfield. CA 94534

LAST TRAININGS OFFERED AT NO CHARGE!!!



**Mental illness directly affects  
1 in 5 American adults in any  
given year.**

### **Do you know how to help?**

Mental Health First Aid teaches community members how to help individuals suffering from:

**DEPRESSION/ANXIETY**

**TRAUMA**

**SUICIDAL THOUGHTS**

**PSYCHOSIS**

**SUBSTANCE USE**

**Solano County Spring 2014 Trainings**  
Now offered in the updated 8-hour format:

**March 12<sup>th</sup> and 13<sup>th</sup> from 1-5 pm**  
**April 24<sup>th</sup> and 25<sup>th</sup> from 4 pm - 8 pm**

Light snacks provided, bag lunch suggested.  
For reservations or more information please contact:

**Cecilia A. Jungkeit** at: 707-427-1845, ext. 420  
[cajungkeit@aldeainc.org](mailto:cajungkeit@aldeainc.org)

**RESERVED CLASS SPACE FILLS UP QUICKLY.  
MAKE YOUR RESERVATIONS TODAY.**

## **8-Hour ADULT Mental Health First Aid Participation Requirements**

(Solano County) Please fax to 707-427-1637, Attention: Cecilia  
Mail address: 470 Chadbourne Rd., Suite A  
Fairfield, CA 94534

Name: \_\_\_\_\_

Dates/Time of Training: \_\_\_\_\_

MHFA participants are expected to:

- (1) Participate for the full 8 hours of the ADULT- MHFA course.
- (2) Arrive on time for each training day and return promptly after each break.
- (3) Turn off cell phones and refrain from making calls or texting during the training.
- (4) Contribute to a respectful atmosphere for the trainers and fellow participants.
- (5) Treat participant disclosures as confidential.

MHFA participants can expect:

- (1) An engaging and interactive training experience.
- (2) Professional and courteous trainers.
- (3) The opportunity to ask questions.
- (4) The chance to practice new skills and receive feedback during the training.
- (5) A certificate and manual upon completion of the ADULT 8 hour course.

I understand what is expected of me as a ADULT MHFA participant.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Phone Number: \_\_\_\_\_

Email contact: \_\_\_\_\_

I live: \_\_\_\_\_ and/or work: \_\_\_\_\_ In Solano County.

What agency/entity are you affiliated with? \_\_\_\_\_

\_\_\_\_\_