

2-day class about mental health first aid

Barton Health is partnering with El Dorado County to offer a free mental health first aid training for the South Lake Tahoe area.

Participants will develop skills and knowledge to help connect individuals in crisis with appropriate professional, peer and self-help care. The training is intended for people with a general interest in mental health issues, people who have frequent contact with the public and anyone who may be in a position to provide help to individuals experiencing distress due to stressful situations, trauma or crisis.

The Mental Health First Aid training series will be at Barton University: Aug. 26-27 from 8:30am-4:30pm at 1111 Emerald Bay Road, Room 101.

To be certified in mental health first aid, participants must attend both days of this free training. Registration is required. Seating is limited. To register for the training or for more information, contact Stephanie Carlson at Stephanie.carlson@edcgov.us or (530) 621.6315.