

# PSYCHOLOGICAL FIRST AID

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# SHELTER WORKERS: TAKING CARE OF YOUR MENTAL HEALTH

This class is a vital part of a shelter worker's training. It will outline factors that affect stress responses in shelter workers and the communities they serve. It will introduce the principles of psychological first aid and guidelines for when to make a mental health referral. The goal is to provide greater awareness of our mental health and the mental health of those around us.

**COURSE PRESENTED BY: THE  
AMERICAN RED CROSS**

**PLEASE RSVP TO:  
HZIYADINOVA@COUNTYOFGLENN.NET**

**PLEASE CHECK WITH YOUR SUPERVISOR  
BEFORE RSVPING.**

**LOCATION: 131 E WALKER ST, ORLAND  
CA 95963 (SUCCESS SQUARE GCOE  
CONFERENCE CTR)**

**DATE: 6.14.24**

**TIME: 1300 - 1630**

