

Class designed to help people identify mental illness

The El Dorado County Mental Health Division in South Lake Tahoe is hosting the Mental Health First Aid course.

MHFA is an interactive, internationally-recognized 12-hour course that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Participants should develop skills and knowledge to help connect individuals in crisis with appropriate professional, peer, and self-help care.

The free class is March 28 and March 29 from 9am-4pm at South Lake Tahoe branch library.

To register, email janet.stevens@edcgov.us or call (530) 573.7963.