

Nearly **1 in 5** U.S. adults lives with a

**FREE**

**Mental Illness**

National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration

**GET CERTIFIED TODAY!**



## **FREE** Mental Health First Aid Training

Teaches you how to Identify, understand, and respond to signs of mental illness and substance use disorders.

**\*Earn a certification valid for 3 years**

### What It Covers:

- Common signs and symptoms of mental illness and substance use
- Depression, anxiety, and psychosis
- How to interact with a person in crisis
- How to connect the person with help
- How to apply the 5-step action plan in a variety of situations
- Updated content on trauma, addiction, and self-care

**Participants are required to complete a 2-hour self-paced online class before participating in a live instructor led video conference. (You will need access to a web camera)**

## Mental Health First Aid Training 2026 Dates

Training will take place on the following date:

**Friday, June 12th (Virtual/Adult)**  
**Registration deadline: Friday, May 29th**  
**\*Overdose Prevention included\***

**New Time- One day only!**  
Training is from 10:30am - 4:30pm

Virtual Training on:  
**zoom**

**\*\*\*Pre-work modules are REQUIRED to be completed before attending the training!**

**REGISTRATION IS LIMITED**

**TO REGISTER OR FOR MORE INFORMATION:**

**818-847-3860**

Email

[communityhealthteamsfv@providence.org](mailto:communityhealthteamsfv@providence.org)

SCAN QR CODE TO REGISTER



Nearly **1 in 5** U.S. adults lives with a

**FREE**

**Mental Illness**

National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration

**GET CERTIFIED TODAY!**



## **FREE** Mental Health First Aid Training

Teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders.

**\*Earn a certification valid for 3 years**

### What It Covers:

- Common signs and symptoms of mental illness and substance use
- Depression, anxiety, and psychosis
- How to interact with a person in crisis
- How to connect the person with help
- How to apply the 5-step action plan in a variety of situations
- Updated content on trauma, addiction, and self-care

Participants are required to complete a 2-hour self-paced online class before participating in a live instructor led video conference. (You will need access to a web camera)

## Mental Health First Aid Training 2026 Dates

Training will take place on the following dates:

**Wednesday, June 17th (Virtual/Youth)**  
Registration deadline: Wednesday, June 3rd  
*\*Overdose Prevention & Mind Matters included\**

**Wednesday, June 24th (Virtual/Adult)**  
Registration deadline: Wednesday, June 10th  
*\*Overdose Prevention included*

**Tuesday, June 30th (Virtual/Youth)**  
Registration deadline: Tuesday, June 16th  
*\*Overdose Prevention & Mind Matters included\**

**\*\*\*Pre-work modules are REQUIRED to be completed before attending the training!**

Training is from  
**8:30am - 2:30pm**

Virtual Trainings on:

**zoom**

**REGISTRATION IS LIMITED**

**TO REGISTER OR FOR MORE INFORMATION:**

**818-847-3860**

Email

[communityhealthteamsfv@providence.org](mailto:communityhealthteamsfv@providence.org)

SCAN QR CODE TO REGISTER

