



Mental Health First Aid Training

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

Providence's Mental Health First Aid (MHFA) trainings equip participants with the tools and knowledge they need to offer crucial support to individuals in crisis. Our **FREE** trainings are available in both English and Spanish and can be conducted in-person or on Zoom. Trainings provide a 3-year certification from the National Council of Mental Well Being.

What the training covers:

- Common signs and symptoms of mental health challenges
- Common signs and symptoms of substance use challenges
- How to interact with a person in crisis
- How to connect a person with help

Who should know mental health first aid:

- Caring individuals
- Employers
- Police officers
- Hospital staff
- First responders

Upcoming Virtual Trainings:

Aug. 25, 2026

September 24, 2026

** Each training is from 9 am - 4 pm
(only need to attend one).*

**Completion of 2 hours of self-paced,
online pre-work required.*

Remember the ALGEE action plan

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information **E**ncourage appropriate professional help **E**ncourage self-help and other support strategies

For more information, or to register for an upcoming training, contact Lucia Flores at lucia.flores@providence.org or 310-510-5483.

Youth Mental Health First Aid Training

Youth Mental Health First Aid training teaches you how to identify, understand and respond to adolescents and teens experiencing mental health challenges.

Providence's Youth Mental Health First Aid trainings equip participants with the tools and knowledge they need to offer crucial support to adolescents (ages 12-18) in crisis. Our **FREE** comprehensive trainings are available in both English and Spanish and can be conducted in-person or on Zoom. Trainings provide a 3-year certification from the National Council of Mental Well Being.

What the training covers:

- Common signs and symptoms of mental health challenges in youth ages 12-18
- Common signs and symptoms of substance use challenges
- How to interact with a youth in crisis
- How to connect a youth with help

Who should know mental health first aid:

- Teachers
- School staff
- Coaches
- Parents
- Youth group leaders
- Camp counselors
- Adults who work with youth

Upcoming Virtual Trainings:

August 19, 2026

September 10, 2026

** Each training is from 9 am – 3 pm
(only need to attend one).*

** Completion of 2 hours of self-paced,
online pre-work required.*

Remember the ALGEE action plan

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

For more information, or to register for an upcoming training, contact Lucia Flores at lucia.flores@providence.org or 310-510-5483.