

Nearly **1 in 5** U.S. adults live 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:

Thursday, October 1st (Virtual/Adult)

Registration deadline: Thursday, September 17th

Overdose Prevention included

Monday, October 12th (Virtual/Adult)

Registration deadline: Monday, September 28th

Overdose Prevention included

Tuesday, October 27th (Virtual/Youth)

Registration deadline: Tuesday, October 13th

Overdose Prevention included & 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

SCAN QR CODE TO REGISTER

