



Mental Health First Aid is an evidence-based training that prepares you to recognize signs of mental distress, respond with confidence, and connect others to support.

IN-PERSON 2-DAY TRAINING SESSIONS:
THURS & FRI: MARCH 5TH & 6TH : REGISTER
THURS & FRI: MAY 14TH & 15TH : REGISTER
(LOCATION WILL BE SENT OUT VIA EMAIL)

VIRTUAL 1-DAY TRAINING SESSIONS:
FRIDAY: APRIL 3RD: REGISTER
FRIDAY: JUNE 5TH: REGISTER



**STUDENT
HEALTH
SERVICES**
EL CAMINO COLLEGE

For more information or for accessibility-related questions, please contact SHS at 310-660-3643.