

# MENTAL HEALTH FIRST AID

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 5<sup>TH</sup> & 6<sup>TH</sup> : REGISTER**  
**THURS & FRI: MAY 14<sup>TH</sup> & 15<sup>TH</sup> : REGISTER**  
**(LOCATION WILL BE SENT OUT VIA EMAIL)**

**VIRTUAL 1-DAY TRAINING SESSIONS:**  
**FRIDAY: APRIL 3<sup>RD</sup>: REGISTER**  
**FRIDAY: JUNE 5<sup>TH</sup>: REGISTER**



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