



*SAN FERNANDO VALLEY COMMUNITY
MENTAL HEALTH CENTER, INC.
Moving Lives Forward*

MENTAL HEALTH FIRST AID

Why Sign Up?

Nearly 1 in 5 U.S adults lives with a mental illness. This means you are more likely to encounter someone in an emotional crisis than a physical one.

The updated curriculum for virtual Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses. It includes the impact of culture on mental health and how to practice cultural sensitivity.

What Will You Learn?



Signs

The common signs and symptoms of mental illness and substance use.



Action

How to interact with a person in crisis.



Connect

What resources to connect a person to receive appropriate care.

Logistics:

Duration: 2 hours (self-paced learning) + 5 hour (class)

Platform: Zoom

Cost: FREE (for anyone who lives, works, or studies in the San Fernando Valley), thanks to a grant by Dignity Health & UniHealth Foundation

To schedule a training, please contact:

Jessica Gavidia at 818.415.4976 or MHFA@sfvcmhc.org



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