

Mental Health First Aid

DBH Training Institute
1950 South Sunwest Lane, Suite 200, San Bernardino



2019 Training Dates

January 29 & 30	July 9 & 10
March 27 & 28	September 10 & 11
June 19 & 20	November 13 & 14

Training time: 8:00 a.m. – 12:00 p.m. both days

Please note: The training is 8 hours total spaced over two consecutive days.

(Anyone arriving after 8:15 a.m. will not be admitted to the course.)

Registration begins ½ hour prior to start time and doors close promptly at the start of training each day.

- Attendance at both days of training is required – no partial attendance credit will be awarded.
- All attendees must participate for the entire class period and pass the final assessment to earn credit for course completion.

To register, visit:

<http://dbh.training.reliaslearning.com>.

If you need assistance with registration, call (800) 722-9866 (TTY users dial 7-1-1) or email DBHtraining@dbh.sbcounty.gov.

Please note that all participants attending this training must be dressed in accordance with DBH Dress Code Policy.

Upon completion of this training session, attendees should have an understanding of:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, substance use disorders, and self-injury.
- An understanding of the prevalence of various mental health disorders in the U.S., and the need for reduced stigma in their communities.
- A 5-step action plan encompassing the skills, resources, and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care.
- The evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.

