



Mental Health **FIRST AID**

Identify. Understand. Respond.

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

Over the course of the training, participants will learn to...

- Identify signs of depression, mood disorders, anxiety disorders, and substance use disorders
- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Implement appropriate interventions when those you know are experiencing panic attacks, suicidal thoughts or behaviors, acute psychosis, overdoses or withdrawal from substance use, and reaction to traumatic events.

Who should attend:

- Community/Public
- County Staff
- Contract Providers
- Community Organizations
- Faith-Based Organizations
- School Personnel

Training is free, but pre-registration is required

Date: February 23, 2026 **Time:** 8 a.m. - 5 p.m.

Location: Community Church Rancho - 9090 19th Street, Rancho Cucamonga



Please scan the QR code or [click this link](#) to register.

For questions, please call the Community Education Program at (909) 386-8285 or email DBHCEPTraining@dbh.sbcounty.gov. If you require translation and/or interpretation language services, please contact us a minimum of five business before the date of the training.