



Mental Health **FIRST AID**

Identify. Understand. Respond.

Just as CPR helps you assist an individual having a heart attack, Youth Mental Health First Aid helps you assist a young person 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: March 25, 2026 **Time:** 8:00 a.m. - 4:00 p.m.

Location: 303 E Vanderbilt Way, San Bernardino - Conference Room 109



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.