

Mental Health

First Aid

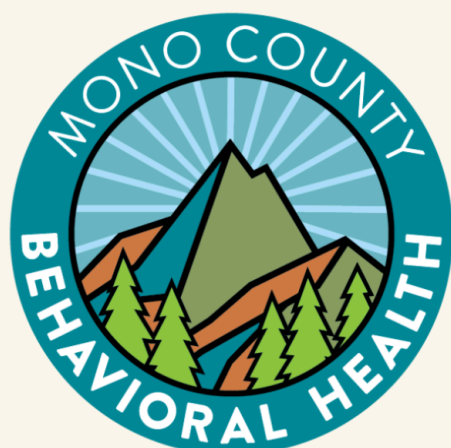
Training

**19
MAY
2026**

**9:00am-
12:00pm**

The Sawyer Community Room

**62 Inyo Street Mammoth
Lakes, CA 93546**



Supporting You On Your Path
Apoyandote En Tu Camino

www.mono.ca.gov/wellness



Mental Health First Aid is an introductory course that teaches how to recognize and respond to signs of mental health challenges.

Participants learn about topics such as depression, anxiety, and trauma, and how to support someone experiencing situations like panic attacks, suicidal thoughts, self-injury, or reactions to traumatic events.

Just as CPR helps in a physical emergency, Mental Health First Aid provides practical tools to help someone facing a mental health crisis while promoting recovery, resiliency, and connection to support.

Primeros Auxilios en Salud Mental

**19
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**9:00am-
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Curso Gratuito



Salón Comunitario El Sawyer

**62 Inyo Street Mammoth
Lakes, CA 93546**



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Primeros Auxilios en Salud Mental es un curso introductorio que enseña a reconocer y responder ante signos de problemas de salud mental, como depresión, ansiedad y trauma.

Aprenderás a apoyar a personas que atraviesan crisis como ataques de pánico, pensamientos suicidas o reacciones ante eventos traumáticos.

Al igual que la RCP en emergencias físicas, este curso brinda herramientas prácticas para ayudar, promoviendo la recuperación, la resiliencia y el acceso a apoyo.

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