



MENTAL  
HEALTH  
FIRST AID

# Mental Health First Aid

Antelope Valley classes provided  
by Mental Health America  
of Los Angeles

through a grant with the Kaiser Permanente Southern  
California Fund for Charitable Contributions

A person you know could be  
experiencing a mental health  
or substance use problem.

Learn an action plan to help.

You are more likely to encounter  
someone in an emotional or mental  
crisis than someone having a heart  
attack. Learn how to help a friend,  
family member, coworker or  
neighbor in need. Get trained in  
Mental Health First Aid.



Take a course.  
Save a life.

Strengthen your community.

All classes

\*Second Friday (of each month)  
8AM - 5PM (Lunch on your own)

April 12                      Aug. 9

May 10                        Sept. 13

June 14                       Oct. 11

July 12                        \*Dec. 6  
(exception)

Please note: class size a minimum of 15,  
maximum of 30 participants  
Cost: \$25 per person (non-refundable)  
Certification upon completion from the  
National Council on Behavioral Health.



Antelope Valley Enrichment Services  
506 West Jackman St.  
Lancaster, CA, 93534