



LAP3/OYC TRAINING

MENTAL HEALTH 101

WEDNESDAY
OCTOBER 13TH, 2026

10:00 – 11:30 AM
MICROSOFT TEAMS

Mental Health 101 is an introductory training designed to build awareness and understanding of mental well-being. Participants learn to recognize signs and symptoms of common mental health conditions, including depression, anxiety, and schizophrenia. The session also addresses suicide prevention, safety planning, and provided basic mental health referral resources in Los Angeles County. A key focus is on reducing stigma and fostering empathy toward individuals experiencing mental health challenges. By the end of the training, attendees gain practical knowledge and strategies to support TAY clients in promoting mental wellness.

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LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.