



FOR IMMEDIATE RELEASE

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LACDMH HOSTS FREE SUPPORT SESSIONS FOR COMMUNITY MEMBERS IMPACTED BY THE EATON FIRE

LOS ANGELES, CA — The Los Angeles County Department of Mental Health (LACDMH) is continuing its Eaton Fire recovery efforts by offering free psychological first aid classes at Loma Alta Park (3330 N. Lincoln Ave., Altadena, CA 91001). Residents have the option to walk-in as sessions are available three times during the week on **Tuesdays from 5 to 6:30 p.m.**, **Thursdays from noon to 1:30 p.m.** and **Saturdays from noon to 1:30 p.m.**, except on Veterans Day and Thanksgiving Day, until November 29.

The “Dealing with Disaster” program supports community members in managing psychologically after a disaster and covers mindfulness exercises, informational instruction, and discussion. Classes are open to everyone on a first-come, first-served basis.

Seeking mental health support is critical in recovering from devastating and traumatic events. Individuals affected by a disaster may struggle with new or long-term mental health challenges. Psychological first aid can support recovery and promote resilience by helping people recognize signs of distress, discover and use tools to manage stress symptoms, and learn about additional wellbeing resources for themselves and their loved ones.

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About the Los Angeles County Department of Mental Health (LACDMH)

As the nation’s largest public mental health department, we ensure access to care and treatment for our most vulnerable residents in a region nearing 10 million people. With an annual budget exceeding \$4.4 billion and over 7,600 budgeted positions, LACDMH is dedicated to hope, recovery, and wellbeing for everyone across the County. For more

information, visit dmh.lacounty.gov or follow @LACDMH on [Facebook](#), [Twitter \(X\)](#), [Instagram](#) and [YouTube](#).