



Be the one to lead by example

Get Certified in Youth Mental Health First Aid

1 in 5 youth have a mental health condition. Do you know how to help?

A young person you know may be experiencing a mental health condition or crisis. Teachers, staff, and our entire school community can help youth get the support they need early on and maintain a high quality of life.

Free Youth Mental Health First Aid Training

In just one day, learn how you can help someone in distress and get the tools to identify, understand, and respond to signs of mental illness and substance use disorders.

You will learn about the:

- Risk factors for youth ages 12-24
- Signs and symptoms of common mental health and substance use conditions
- Best practices for talking about mental health and addictions with youth
- 5-step action plan to respond to crises
- Local resources and where to turn for help

DETAILS

Saturday, May 20, 2017
9:00 am – 5:30 pm

Siena Youth Center
2625 Marlborough Ave, Redwood City, CA
94063

Lunch will be provided!

Please register at:
<https://tinyurl.com/YMHFA-5-20-17>
By May 13, 2017

Register early! Class limit is 30 people.

Questions?

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