



# Be the one to know how to help

## 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. You can make a difference and help people get the support they need early on and maintain a high quality of life.

**Youth Mental Health First Aid** is an 8-hour course where you can 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. **All classes are free! Lunch is provided.**

### Registration questions?

Contact Natasha Dinis at [ndinis@smcoe.org](mailto:ndinis@smcoe.org) or Natalie Andrade at [nandrade@smcgov.org](mailto:nandrade@smcgov.org)

Dates	Time	Location	Registration Link
Wednesday, May 24 <sup>th</sup>	8:00-4:30pm	<b>San Mateo County Office of Education</b> 101 Twin Dolphin Dr., Redwood City, CA 94065	<a href="http://tinyurl.com/YMHFA-5-24-17">http://tinyurl.com/YMHFA-5-24-17</a> By May 17, 2017
Tuesday, June 27 <sup>th</sup>	8:00-4:30pm	<b>San Mateo County Office of Education</b> 101 Twin Dolphin Dr., Redwood City, CA 94065	<a href="http://tinyurl.com/YMHFA-6-27-17">http://tinyurl.com/YMHFA-6-27-17</a> By June 20, 2017

[www.smchealth.org/ODE](http://www.smchealth.org/ODE)

