



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

TRAINING DATE

Thursday, September 20, 2018
8:00 am – 4:30 pm
San Mateo County Office of Education
101 Twin Dolphin Dr.,
Redwood City, CA 94065

Lunch will be provided!

Please register at:
<https://tinyurl.com/SMCOE-9-20-18>
By September 13, 2018

Register early! Class limit is 30 people.

Questions?

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