



Be the One to Speak Up and Save a Life

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 two half days, 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 DATES

Thursday, May 24 & May 31, 2018
8:00 am – 12:30 pm
Half Moon Bay Library
225 Cabrillo Hwy S #104b,
Half Moon Bay, CA 94019

Must attend both dates to receive certification!

Please register at:

<https://tinyurl.com/YMHFA-5-24-5-31>

By May 17, 2018

Register early! Class limit is 30 people.

Questions?

Natalie Andrade
nandrade@smcgov.org

