

# YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. Learn skills to reach out and provide initial support to children and adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.



## TOPICS INCLUDE

COMMON MENTAL HEALTH SIGNS AND SYMPTOMS  
SELF-CARE

CULTURAL CONSIDERATIONS  
SUICIDE WARNING SIGNS

If you or someone you know is in emotional distress or considering suicide, please call: 650-579-0350 or text/call: 988

## HYBRID LEARNING

After completing a 2-hour self-paced online course, First Aiders will participate in a 6.5-hour skill-based training, on zoom

## SCHEDULE & REGISTRATION

📅 Friday July 11, 2025  
🕒 9:00am - 3:30pm  
📍 Zoom



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SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH & RECOVERY SERVICES



KINGDOM LOVE, LLC