



YOUTH
MENTAL
HEALTH
FIRST AID®

Santa Barbara

OUR STUDENTS NEED US.

Take YOUTH MENTAL HEALTH FIRST AID.

A young person in our community could be experiencing a mental health or substance use problem.

You could Be The Difference.

- Learn the importance of early intervention.
- Learn about risk factors for substance use concerns.
- Learn strategies to help someone in crisis and non-crisis situations.

Sometimes first aid isn't a bandage or CPR. Sometimes first aid is **YOU**.

Everyone 18 or older should take Youth Mental Health First Aid. The course is highly recommended for anyone who has regular contact with youth ages 12-18, such as parents, teachers, coaches, leaders of youth organizations, faith leaders, and other caring citizens.

**Take a course.
Change a life.
#BeTheDifference.**

Sign up for a free training today!

Join the movement in Santa Barbara County to strengthen our community. Because we can all be more aware and more informed.

Register for one of the next trainings at **BeTheDifferenceSB.org**.

December 1, 2018

8:30 AM – 5:00 PM

Location:

Mental Wellness Center
617 Garden Street
Santa Barbara, CA

January 12, 2019

8:30 AM – 5:00 PM

Location:

Mental Wellness Center
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