



MENTAL HEALTH FIRST AID



OUR STUDENTS NEED US.

Take YOUTH MENTAL HEALTH FIRST AID.

MENTALHEALTHFIRSTAID.ORG

Youth Mental Health First Aid

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

SATURDAYS
March 2nd & March 9th
8:30 AM-12:30 PM
MUST ATTEND BOTH SESSIONS TO BE CERTIFIED

**PAULDING MIDDLE SCHOOL
LLC, LIBRARY**
600 Crown Hill Street
Arroyo Grande, CA, 93420

WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

WHAT IT COVERS

Common signs and symptoms of mental illnesses in this age group, including:

- Anxiety
- Depression
- Eating disorders
- Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.

Registration for this training is **required**. Please email stzepeda@co.slo.ca.us to confirm your slot.



This training is free of cost.
Morning refreshments will be provided.

