



About Adult Mental Health First Aid

Adult Mental Health First Aid teaches adults how to identify, understand, and respond to signs of mental illnesses and substance use disorders in other adults.

This training teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary.

About Youth Mental Health First Aid

Youth Mental Health First Aid teaches adults how to identify, understand, and respond to signs of mental illnesses and substance use disorders in youth.

This training is primarily designed for adults who regularly interact with young people ages 12-18. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Course Delivery Options: Both Adult & Youth Mental Health First Aid can be delivered in the following format.

Blended- Virtual	Blended- In person	In person
Participants will complete a 2-hour, self-paced online course, and then participate in an Instructor-led class over Zoom.	Participants will complete a 2-hour, self-paced online course, and then participate in an Instructor-led class in person.	Participants will participate in an Instructor-led class in person.

Please note: Instructor-led classes can range from 6 to 8 hours of instruction depending on the selected program and delivery format. Courses can be held on 1 day or split over 2 days.

For more information about Mental Health First Aid Trainings, please contact Annie Jankovitz at ajankovitz@co.slo.ca.us or 805-781-4078