



MENTAL  
HEALTH  
FIRST AID

San Luis Obispo County Office of Education and County Behavioral Health  
Present

## Youth and Adult Mental Health First Aid

Join your fellow community members who have been trained on how to recognize signs and symptoms of mental health or substance use challenges in youth and adults, and how to help people find support to begin their recovery journey.

**There are 2 free opportunities for virtual Adult Mental Health First Aid and 2 free opportunities for virtual Youth Mental Health First Aid**

### ADULT MENTAL HEALTH FIRST AID

Click the "register by" date to sign up

Saturday, May 8, 2021, 10:00am-5:00pm

[Register by April 19, 2021](#) 

Wednesday, May 12, 2021, 10:00am-5:00pm

[Register by April 19, 2021](#) 

### YOUTH MENTAL HEALTH FIRST

Click the "register by" date to sign up

Wednesday, May 19, 2021, 11:00am-5:00pm

[Register by May 3, 2021](#) 

Saturday, May 22, 2021, 11:00am-5:00pm

[Register by May 3, 2021](#) 

These trainings are FREE but registration is required. Each training requires 2-hours of pre-work to be completed *before* the live, virtual training on the select dates above.

**To register or to learn more, email [aahendry@co.slo.ca.us](mailto:aahendry@co.slo.ca.us) or call 805-781-1357.**



COUNTY OF SAN LUIS OBISPO  
BEHAVIORAL HEALTH DEPARTMENT

