



MENTAL  
HEALTH  
FIRST AID

# Free Virtual Youth Mental Health First Aid Training

\$140 Value

**DATE:** Saturday, April 24, 2021

**TIME:** 11:00 am - 5:00 pm

**LOCATION:** Virtual Training,  
see details below

## VIRTUAL MHFA

Youth Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 4.5 hour, Instructor-led class using videoconferencing technology.

**NOTE:** All online coursework must be completed before the instructor-led training. Courses with less than 5 prepared participants will be cancelled.

## ABOUT YOUTH MHFA

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

This training gives adults who work and interact with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.



**[Click Here to Register!](#)**

**Registration closes at 5pm on  
April 12, 2021**

Brought to you in partnership by:



COUNTY OF SAN LUIS OBISPO  
BEHAVIORAL HEALTH DEPARTMENT

