

San Mateo County Behavioral Health & Recovery Services Youth Mental Health First Aid



Join us for a
FREE training!

When and Where

Friday, September 12th
8:00AM-4:30PM

Skyline College

3300 College Drive
San Bruno
Building 6, Room 6206

Please register
by September 5th

*Maximum class size is
30 participants

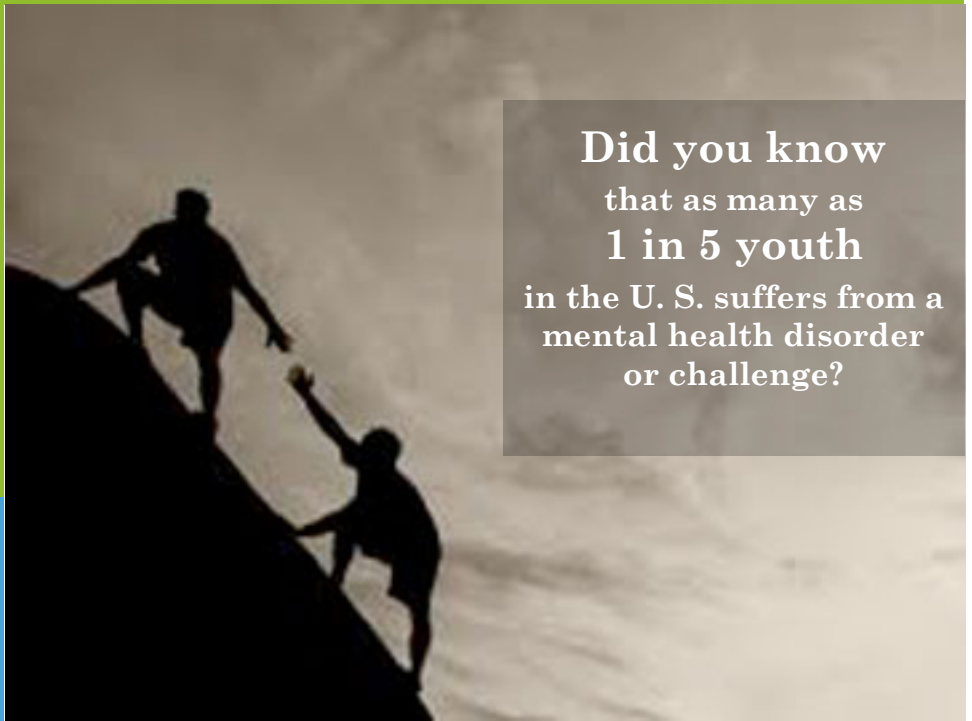
To register, please go to:

<http://tinyurl.com/BHRS-9-12-14>

If you have registration
questions, please contact:

Loriann Villanis
at lvillanis@smcoe.org

**Lunch and
materials will be
provided**



Did you know
that as many as
1 in 5 youth
in the U. S. suffers from a
mental health disorder
or challenge?

Learn how you can help a young person in emotional distress!

A young person you know could be experiencing a mental illness or crisis. YOU can help them. Take this 8-hour course and become certified as a Youth Mental Health First Aider.

What you will learn:

Potential Risks

The potential risks factors for youth (ages 12-24) to develop a mental illness or challenge

Recognize Symptoms

How to recognize signs and symptoms of common mental illnesses among young people

5 Step Action Plan

A step-by-step plan to help a young person

Who should attend?

Classroom Teachers, School Office Staff, Site Administrators, Sch. Nurses and Health Aides, Librarians, Special Education Administrators and Teachers, Student Leaders, Sch. Safety Advocates, Sch. Resource Officers, Wellness Coordinators, and any other supportive adults within the school community



This class is sponsored by San Mateo County's Office of Diversity and Equity Behavioral Health and Recovery Services, San Mateo County Office of Education, and Respect! 24/7 and is funded through Measure A.