



MENTAL
HEALTH
FIRST AID

Youth Mental Health First Aid Training

FREE for Mendocino & Lake Counties
\$24 /person for out of county

Wednesday

Sept. 28, 2022

9 am-2pm

Be the difference! Become certified as a Youth Mental Health First Aider.

Register by Sept. 26!

PLEASE NOTE: This training for Youth Mental Health First Aid is **VIRTUAL**. The Virtual Training for Youth Mental Health First Aid is comprised of two parts - a 2 hour online self-paced portion, followed by an instructor-led portion. **All participants MUST complete the 2 hour self-paced online portion of the training before being admitted into the instructor-led portion of the training on Sept. 28, 2022.**



LEARN TO

Recognize warning signs of mental health problems in youth

Provide initial help, support and intervention

Connect youth to professional help and community resources

No experience or background in counseling or mental health necessary.

INSTRUCTORS

Nanette Barker & Celyna Ramos

LOCATION

Training is **VIRTUAL** and being conducted via Zoom

REGISTER HERE

<http://mcoe.k12oms.org/1701-222931>

For questions about registering for this training, please contact Natasha Carter at ncarter@mcoe.us or (707) 467-5111

Training made possible through the MHSSA (Mental Health Student Services Act) grant and in Partnership with AmeriCorps-Health 360-Healthy Minds Alliance



AmeriCorps