



Youth Mental Health First Aid USA

FOR ADULTS ASSISTING YOUNG PEOPLE



Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care

February 19 and 20

8:30am - 1pm

Black Box Theatre Room
West Sacramento Community Center
1075 West Capitol Avenue, West Sacramento, CA

March 12 and 13

8:30am - 1pm

Atrium training room, Administration Building
625 Court Street
Woodland, CA 95695

Participants must attend *both* days in order to receive certificate

To Register contact:



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