



Join us for a Virtual Training: Youth Mental Health First Aid Certification

FREE TRAINING!

Open to Yolo County staff, provider staff and community volunteers age 18 and older

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

What does the training cover?

- Common signs & symptoms of mental illness
- Common signs & symptoms of substance use disorders
- How to interact with a youth in crisis
- How to connect the youth with help
- The "Algee" action plan

What is the process?

- Register for the training using the link provided
- Complete a 2-hour independent online learning module prior to the class
- Attend the live training on zoom. You must attend the full duration of the training
- Successfully complete an online quiz and evaluation
- Receive a 3- year professional certification in MHFA conferred by the National Council for Mental Health

For questions email: MHSA-MHTrainings@yolocounty.org

Questions? Call 530-666-8710

Dates:

**Thursday,
10/26/23**

Time:

8:30 am - 4:00 pm*

Morning break

1 hour lunch

Afternoon break

Your Trainer:



Jorge Cervantes

Certified Youth and Adult
MHFA

Instructor,

MHSA Outreach Specialist



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING