

Youth Mental Health First Aid

OCT 27, 2022 | JAN 19, 2023 | MAR 9, 2023

8:30AM - 4:00PM • 5340 SKYLANE BLVD SANTA ROSA

Caring citizens will learn to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or who is in crisis.

Youth Mental Health First Aid is designed for adults (parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other community members) who regularly interact with young people.

This course:

- introduces common mental health challenges for youth,
- reviews typical adolescent development, and
- teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Contact: Rebekah Pope | rpope@scoe.org

Cost: \$10 | materials, light snacks provided

Register: scoe.org/classes

