

# Department of Mental Health

# YOUTH MENTAL HEALTH

# FIRST AID TRAINING



Thursday, Apr 16, 2026, 8:30AM - 3:30PM

**Long Beach Mental Health**

2600 Redondo Ave., 6<sup>th</sup> Floor, MPR, Long Beach, CA 90806

The Youth Mental Health First Aid Training is a 6.5-hour, in-person course designed to help participants recognize the signs and symptoms that suggest a potential mental health challenge, how to listen nonjudgmentally and give reassurance to a youth who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services. Throughout the training, participants will:

- Describe the purpose of Youth Mental Health First Aid and the role of the Youth Mental Health First Aider.
- Recognize the signs and symptoms of mental health challenges that may impact youth.
- Explain the impact of traumatic experiences and the role of resilience on adolescent development.
- Receive an overview of common treatments and interventions.
- Apply the appropriate steps of the YMHFA Action Plan (ALGEE) to non-crisis and crisis situations.
- Choose appropriate methods for self-care following the application of Youth Mental Health First Aid in a crisis or non-crisis situation.

The course includes role-playing and simulations to demonstrate how to assess a mental health crisis, provide initial assistance, and make referrals to appropriate mental health services, social supports, and self-help resources. By the end of the training, participants will be equipped with practical skills to support individuals experiencing mental health challenges. This training is in-person and registration is required. Scan the QR code or click the link to register: <https://tinyurl.com/YMHFAApr16>

