

Youth Mental Health First Aid Training



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



Identify

Understand

Respond

Learn how to identify and respond to mental health and substance use challenges among teens ages 12–18.

**October 14th, 2025
& October 15th, 2025
5:30 to 8:30 pm**

Both sessions required for certification

**REGISTER by
October 7th**

**November 18th, 2025 &
November 20th, 2025
5 to 8 pm**

Both sessions required for certification

**REGISTER by
November 11th**

**December 15th, 2025 &
December 17th, 2025
5:30 to 8:30 pm**

Both sessions required for certification

**REGISTER by
December 8th***



How to Register?

**REGISTER 1 week before your
desired training date
bit.ly/FallYMHFA2025**

Learn how to apply the Mental Health First Aid Action Plan

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies



Costs sponsored by



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