

FREE TRAINING



Student Safety and Well Being Youth Mental Health First Aid

Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911.
Sometimes, first aid is
YOU!



When: **Monday, November 6, 2017**

Time: **9:00 a.m. - 5:00 p.m.**

Where: **2035 Hurley Way, Suite 280,
Sacramento, CA 95825**

**Light continental breakfast, lunch, and snacks
will be provided**

SPACE IS LIMITED TO 20 PARTICIPANTS

Dress comfortably



A young person you know could be experiencing a mental health challenge or crisis. You can help them.

You are more likely to encounter a young person—friend, family member, student, neighbor, or member of the community—in an emotional or mental crisis than someone having a heart attack. Learning how to help them is critical.

Participants Will Learn

Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

Intended Audience

Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18: teachers, nurses, counselors, coaches, secretaries, campus monitors, yard supervisors, registrars, lunch staff, bus drivers, and leaders of faith communities, law enforcement, parents, and other caring citizens. Mental health professionals who attend should understand this is a basic information and will give them common language to share with their colleagues. Participants are encouraged to attend as school teams.

Content from this training supports Local Control Accountability Plan
Priority Area: Student Engagement and School Climate

To register, please contact:

Curtis Paullins | cpaullins@mhac.org | (916) 557-1167 x101
RSVPs or changes must be received by November 1, 2017

Participants may be photographed for use in promotional and/or news materials.

Sponsored by the California Department of Education (CDE), Coordinated Student Support Division and Mental Health America of California. This training is made possible through funding from the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) through the "Now is the Time" Project Advancing Wellness and Resilience in Education State Educational Agency (NITT-AWARE-SEA). California's Project NITT-AWARE-SEA (Project Cal-Well) is a consortium of the CDE and three grantee LEAs: San Diego County Office of Education (SDCOE), Garden Grove Unified School District (GGUSD), and ABC Unified School District (ABCUSD). Participant manuals generously donated by the Los Angeles Chapter of the American Foundation for Suicide Prevention (AFSP).

