



San Luis Obispo County Office of Education and County Behavioral Health
Present

Youth and Adult Mental Health First Aid

Join your fellow community members who have been trained on how to recognize signs and symptoms of mental health or substance use challenges in youth and adults, and how to help people find support to being their recovery journey.

**There are 3 free opportunities for virtual Adult Mental Health First Aid and
3 free opportunities for virtual Youth Mental Health First Aid**

ADULT MENTAL HEALTH FIRST AID

Thursday, February 25, 2021, 10:00am-5:00pm *Register by February 11, 2021*

Saturday, March 6, 2021, 10:00am-5:00pm *Register by February 22, 2021*

Tuesday, April 6, 2021, 10:00am-5:00pm *Register by March 24, 2021*

YOUTH MENTAL HEALTH FIRST AID

Monday, February 8, 2021, 11:00am-5:00pm *Register by January 28, 2021*

Thursday, March 11, 2021, 11:00am-5:00pm *Register by March 1, 2021*

Saturday, April 24, 2021, 11:00am-5:00pm *Register by April 12, 2021*

These trainings are FREE but registration is required. Each training requires 2-hours of pre-work to be completed *before* the live, virtual training on the select dates above.

To register or to learn more, email aahendry@co.slo.ca.us or call 805-781-1357.



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT





MENTAL
HEALTH
FIRST AID

Free Virtual Youth Mental Health First Aid Training

\$140 Value

DATE: Monday, February 8, 2021

TIME: 11:00 am - 5:00 pm

LOCATION: Virtual Training,
see details below

VIRTUAL MHFA

Youth Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 4.5 hour, Instructor-led class using videoconferencing technology.

NOTE: All online coursework must be completed before the instructor-led training. Courses with less than 5 prepared participants will be cancelled.

ABOUT YOUTH MHFA

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in other youth.

This training gives adults who work and interact with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.



[Click Here to Register!](#)

**Registration closes at 5pm on
January 28, 2021**

Brought to you in partnership by:



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT





MENTAL
HEALTH
FIRST AID

Free Virtual Mental Health First Aid Training

\$140 Value

DATE: Thursday, February 25, 2021

TIME: 10:00am - 5:00pm

LOCATION: Virtual Training,
see details below

VIRTUAL MHFA

Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 5.5 hour, Instructor-led class using videoconferencing technology.

NOTE: All online coursework must be completed before the instructor-led training. Courses with less than 5 prepared participants will be cancelled.

ABOUT ADULT MHFA

Adult Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in other adults.

This training gives you the skills you need to reach out and provide initial support to individuals who may be developing a mental health or substance use problem and help connect them to the appropriate care.



[Click Here to Register!](#)

**Registration closes at 5pm on
2/11/2021**

Brought to you in partnership by:



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT





MENTAL
HEALTH
FIRST AID

Free Virtual Mental Health First Aid Training

\$140 Value

DATE: Saturday, March 6, 2021

TIME: 10:00am - 5:00pm

LOCATION: Virtual Training,
see details below

VIRTUAL MHFA

Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 5.5 hour, Instructor-led class using videoconferencing technology.

NOTE: All online coursework must be completed before the instructor-led training. Courses with less than 5 prepared participants will be cancelled.

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[Click Here to Register!](#)

**Registration closes at 5pm on
2/22/2021**

Brought to you in partnership by:



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT





MENTAL
HEALTH
FIRST AID

Free Virtual Youth Mental Health First Aid Training

\$140 Value

DATE: Thursday, March 11, 2021

TIME: 11:00 am - 5:00 pm

LOCATION: Virtual Training,
see details below

VIRTUAL MHFA

Youth Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 4.5 hour, Instructor-led class using videoconferencing technology.

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[Click Here to Register!](#)

**Registration closes at 5pm on
March 1, 2021**

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COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT





MENTAL
HEALTH
FIRST AID

Free Virtual Mental Health First Aid Training

\$140 Value

DATE: Tuesday April 6, 2021

TIME: 10:00am - 5:00pm

LOCATION: Virtual Training,
see details below

VIRTUAL MHFA

Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 5.5 hour, Instructor-led class using videoconferencing technology.

NOTE: All online coursework must be completed before the instructor-led training. Courses with less than 5 prepared participants will be cancelled.

ABOUT ADULT MHFA

Adult Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in other adults.

This training gives you the skills you need to reach out and provide initial support to individuals who may be developing a mental health or substance use problem and help connect them to the appropriate care.



[Click Here to Register!](#)

**Registration closes at 5pm on
March 24, 2021**

Brought to you in partnership by:



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT





MENTAL
HEALTH
FIRST AID

Free Virtual Youth Mental Health First Aid Training

\$140 Value

DATE: Saturday, April 24, 2021

TIME: 11:00 am - 5:00 pm

LOCATION: Virtual Training,
see details below

VIRTUAL MHFA

Youth Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 4.5 hour, Instructor-led class using videoconferencing technology.

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ABOUT YOUTH MHFA

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in other youth.

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[Click Here to Register!](#)

**Registration closes at 5pm on
April 12, 2021**

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BEHAVIORAL HEALTH DEPARTMENT

