



# MENTAL HEALTH FIRST AID

This training is open to any community member interested in learning how to identify, understand, and respond to signs of mental health and substance use challenges among adults. There is no cost to participants for this training.

## TRAINING INFORMATION

**DATE:** Friday, January 17, 2025

**TIME:** 9:00am-5:00pm with a 1-hour lunch break

**LOCATION:** Virtual

**DETAILS:** Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 7-hour instructor-led class over Zoom. **REGISTRATION IS REQUIRED.**

*NOTE: All online coursework must be completed by January 15th. Courses with less than 5 prepared participants will be canceled.*



**REGISTRATION CLOSES**  
**JANUARY 5TH**

**[click here to register.](#)**

On average,  
**130**  
people die by  
suicide every day.  
*Source: American Foundation  
for Suicide Prevention*

From 1999 to 2019,  
**841,000**  
people died from  
drug overdoses.  
*Source: Centers for Disease  
Control and Prevention*

Nearly  
**1 IN 5**  
in the U.S. lives  
with a mental illness.  
*Source: National Institute  
of Mental Health*

**WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID**

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

For questions and/or accommodations, please contact Annie Jankovitz at [ajankovitz@co.slo.ca.us](mailto:ajankovitz@co.slo.ca.us).





**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

# YOUTH MENTAL HEALTH FIRST AID

This training is open to any community member interested in learning how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 12-17. There is no cost to participants for this training.

## TRAINING INFORMATION

**DATE:** Friday, February 21, 2025

**TIME:** 9:00am-4:00pm with a 1-hour lunch break

**LOCATION:** Virtual

**DETAILS:** Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 6-hour instructor-led class over Zoom. **REGISTRATION IS REQUIRED.**

*NOTE: All online coursework must be completed by February 19th. Courses with less than 5 prepared participants will be canceled.*



**REGISTRATION CLOSES**  
**FEBRUARY 7TH**

**[click here to register.](#)**

**10.2%**

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid\*\*

**1 IN 5**

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness\*

**50%**

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry\*\*\*

### WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

For questions and/or accommodations, please contact Annie Jankovitz at [ajankovitz@co.slo.ca.us](mailto:ajankovitz@co.slo.ca.us).



COUNTY OF SAN LUIS OBISPO  
BEHAVIORAL HEALTH DEPARTMENT