

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.



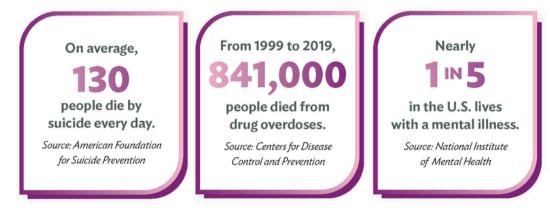
REGISTRATION CLOSES JANUARY 5TH



WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

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

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



For questions and/or accomodations, please contact Annie Jankovitz at ajankovitz@co.slo.ca.us.





# YOUTH MENTAL HEALTH FIRST AID

Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

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

less than 5 prepared participants will be canceled.

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.

REGISTRATION CLOSES FEBRUARY 7TH

#### click here to register.

#### WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

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



NOTE: All online coursework must be completed by February 19th. Courses with

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COUNTY OF SAN LUIS OBISPO BEHAVIORAL HEALTH DEPARTMENT