

Prevent
mental illness

Help
in a crisis

Promote
wellness



Youth Mental Health First Aid

September 29th, 2023 • 8:00a.m. – 4:00p.m.

SDCOE Main Campus - Annex C

6401 Linda Vista Rd. San Diego, CA 92111

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack.

Youth Mental Health First Aid (YMHFA) teaches adults how to identify, understand, and respond to signs of mental health challenges in youth. This training gives adults the skills they need to reach out and provide initial support to youth and connect them to the appropriate care.

Intended Participants: This course is designed for any adult who works with students ages 6-18. Classified and certificated district or school staff are encouraged to attend, including teachers, counselors, office staff, coaches, etc...

Full attendance is mandatory for this seven hour Youth Mental Health First Aid course. All attendees will receive a three-year YMHFA certification.

ADVANCE REGISTRATION IS REQUIRED - SPACE IS LIMITED

Register at: <https://sdcoe.k12oms.org/918-235891>

There is no cost for the training.

Manuals, materials and a light breakfast will be provided.

Please note lunch is not provided and there will be a one-hour lunch break.

