



## **YOUTH MENTAL HEALTH FIRST AID**

**February 26 from 9am-4pm**

**LOCATION: VIRTUAL**

**COST: FREE**

**Youth Mental Health First Aid is a public education program for adults** on how to identify, understand and respond to youth experiencing signs of mental health challenges. This training provides an action plan on how to approach, provide initial support, and connect youth to care.

### **Requirement:**

**Must be able to complete Pre-Course Work (online, 2-2.5 hour self-paced) by February 17th** to attend the training on February 26th. Access to Pre-Course Work will be emailed to registered participants from Crisis Support of AC. You will be asked to create a login for the MHFA site to access the Pre-Course work.

*Note: Continuing Education (CE) credit is not available for MHFA courses.*

### **Space is limited**

Registration: [https://bit.ly/ACBHD\\_YMHFAFeb26](https://bit.ly/ACBHD_YMHFAFeb26)

For any questions: [\*\*mhfcoordinator@crisisupport.org\*\*](mailto:mhfcoordinator@crisisupport.org)



**CRISIS SUPPORT SERVICES**  
of Alameda County



**Behavioral Health  
Department**  
Alameda County Health



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