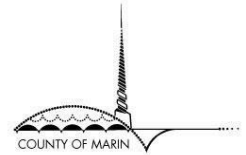




## Mental Health First Aid Training

Teaching Adults How to Help Adolescents  
FREE one-day training available



Tuesday, April 9<sup>th</sup>, 2020  
8:30 am – 5:30 pm  
Pt. Reyes Room  
20 N. San Pedro Rd.  
San Rafael, CA 94903  
**YOUTH**  
English only



**This course is brought to you by: Marin County Behavioral Health and Recovery Services  
Mental Health Services Act – Prevention and Early Intervention Funds**

- > Participants must attend the full day.
- > Lunch will be provided.
- > Additional courses are anticipated. Please contact Veronica Alcalá for more information.

### **TRAINING REGISTRATION REQUIRED:**

Please go to: <https://www.marinhhs.org/form/mental-health-first-aid-training-youth-1>

for assistance contact: Veronica Alcalá at: [Valcala@marincounty.org](mailto:Valcala@marincounty.org) • 415.473.6403 ph •  
20 N. San Pedro Rd., San Rafael, CA 94903

**We will email confirmation of your registration approximately three (3) weeks before the course date.**

### **Course Description**

Through a day of presentation and interactive exercises this course will teach how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

**Who should attend?** Anyone can take the 8-hour Mental Health First Aid course – including first responders, students and teachers, leaders of faith communities, service providers, and caring citizens. **This course is not intended for trained mental health providers.**

### **Someone you know could be experiencing a mental illness or crisis. You can help them.**

You are more likely to encounter someone – friend, family member, co-worker, neighbor, or member of the community – in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

### **[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)**

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling (415) 473-4381 (Voice)/(415) 473-3232 (TTY) or by emailing at [disabilityaccess@marincounty.org](mailto:disabilityaccess@marincounty.org) at least **four work days** in advance of the event. Copies of documents are available in alternative formats, upon written request.