

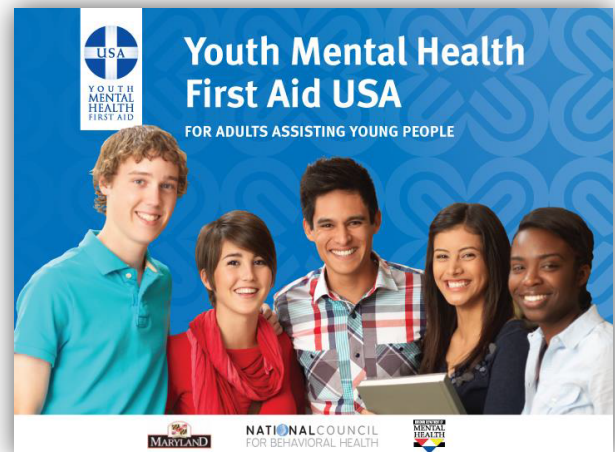
Youth Mental Health First Aid

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**...Sometimes, first aid is **YOU!**



May is
Mental Health
Matters Month

This 8- hour course teaches the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants **do not** learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan.



JOIN US!

May 16 & May 23, 2016

9:00am - 1:00pm (both days)

Valley Specialty Center, Basement Conference Room

Room BQ160 - 751 S Bascom Ave, San Jose, CA 9512

Sign up by email: evelyn.tirumalai@hhs.sccgov.org or call: (408) 885-3982.

WHO SHOULD TAKE THE COURSE?

The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.), but is being tested for appropriateness within older adolescent groups (16 and older) so as to encourage youth peer to peer interaction. In January 2013, President Obama recommended training for teachers in Mental Health First Aid. Since 2008, the core Mental Health First Aid course has been successfully offered to hundreds of thousands of people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

Course fee paid for by the voter-approved Prop. 63. Brought to you by Behavioral Health Services Department.
www.MentalHealthFirstAid.org.

This course meets the qualifications for 8 hours of continuing education for LCSW's and LMFT's as required by the California Board of Behavioral Sciences.