



Be the one to know how to help

Get Certified in Youth Mental Health First Aid

1 in 5 youth have a mental health condition.
Do you know how to help?

A young person you know may be experiencing a mental health condition or crisis. You can make a difference and help people get the support they need early on and maintain a high quality of life.

Youth Mental Health First Aid is an 8-hour course where you can learn how you can help someone in distress and get the tools to identify, understand, and respond to signs of mental illness and substance use disorders. **All classes are free! Lunch is provided.** Register for one of the classes below.

Registration questions?

Contact Tammie Sera at tserra@smcoe.org.

Dates	Time	Location	Registration Link
Tuesday, March 6, 2018	8:00-4:30pm	San Mateo County Office of Education 101 Twin Dolphin Dr., Redwood City, CA 94065	http://tinyurl.com/ymhfa-3-6-18 By February 27, 2018
Thursday, April 12, 2018	8:00-4:30pm	San Mateo County Office of Education 101 Twin Dolphin Dr., Redwood City, CA 94065	http://tinyurl.com/ymhfa-4-12-18 By April 5, 2018

www.smchealth.org/ODE

