

San Mateo County Behavioral Health & Recovery Services Youth Mental Health First Aid



Parents! Join us for a
FREE class!

When and Where

5:30 pm- 9:00 pm

- Tuesday, March 4th
- Tuesday, March 11th
- Tuesday, March 18th, 2014

**Must attend all 3 dates*

Parkside Intermediate
1801 Niles Ave
San Bruno, Ca 94066

Please register by
February 18th, 2014

To register online, please go to

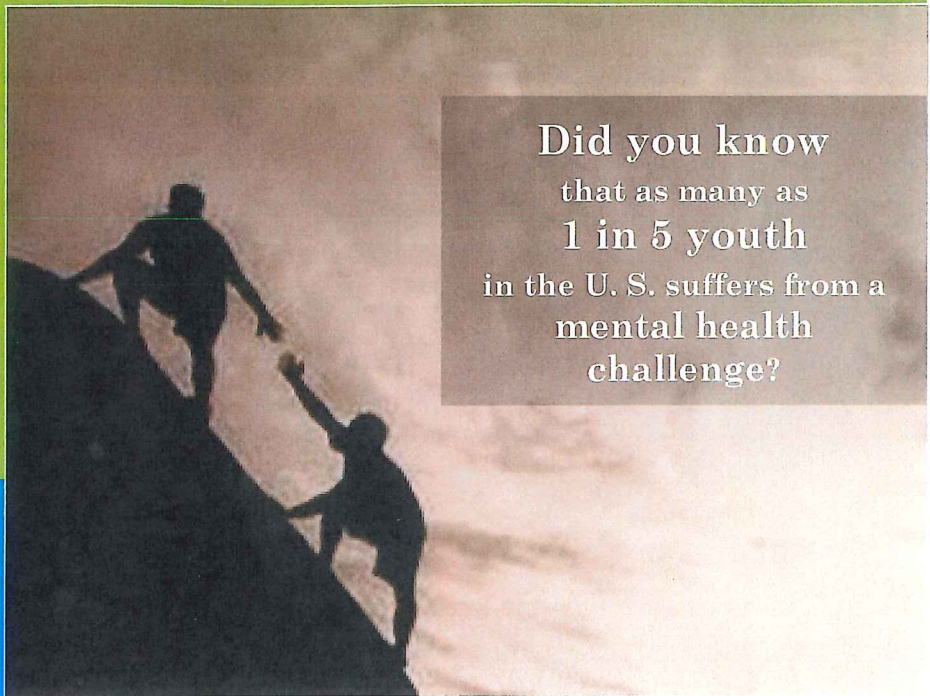
<http://bit.ly/1ba1mo>

or contact: **Kathy Reyes**

Phone: 650-573-2174 Email:

ekreyes@smcgov.org

**Childcare
and Dinner
will be
Provided!!**



Did you know
that as many as
1 in 5 youth
in the U. S. suffers from a
mental health
challenge?

Learn how you can help a young person in emotional distress!

A young person you know could be experiencing a mental illness or crisis. YOU can help them. Take this 8-hour course and become certified as a Youth Mental Health First Aider.

What you will learn:

Signs and Symptoms

Find out how to recognize when a young person, aged 12-24, is showing signs of a mental health challenge or crisis!

How to help!

Learn how YOU can help a young person including:

- Helpful things to say
- Mental Health Resources in your area
- Supportive strategies

*Parent Project
Graduates and
Parents of
Parkside Students
are encouraged
to attend!*



This class is sponsored by San Mateo County's Office of Diversity and Equity Behavioral Health and Recovery Services, San Mateo County Office of Education, and Respect! 24/7 and is funded through Measure A.