

Youth Mental Health First Aid

Sponsored by
Sonoma County Behavioral Health

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

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

You are more likely to encounter a young person in an emotional or
mental crisis than a young person who has stopped breathing.

Youth Mental Health First Aid teaches a 5-step action plan to offer
initial help to people with the signs and symptoms of a mental illness
or in a crisis, and connect them with the appropriate professional,
peer, social, or self help care.

Anyone can take the 8-hour Mental Health First Aid course — first
responders, students, teachers, leaders of faith communities,
human resources professionals, and caring citizens.

Registration Link:

<https://www.eventbrite.com/e/youth-mental-health-first-aid-080916-tickets-26674694730>

Date and Time

Tuesday August 9, 2016

8:00am-5:00pm

Location

Sonoma County
Behavioral Health
490 Mendocino Avenue
2nd Floor Manzanita Room
Santa Rosa, CA
(Corner of Mendocino Ave. and 7th Street)

Facilitators

Wendy Tappon, MFTI
and Cynthia Morfin, SCSS

**Sometimes,
the best first aid is
you!!!**

**Take the course, save a
life, and strengthen our
community.**