

# Professional Development



## Student Safety and Well-Being Youth Mental Health First Aid

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

Sometimes, first aid is  
**YOU!**



**A young person you know could be experiencing a mental health challenge or crisis.  
You can help them.**

You are more likely to encounter a young person—friend, family member, student, neighbor, or member of the community—in an emotional or mental crisis than someone having a heart attack. Learning how to help them is critical.

### Participants Will Learn

Youth Mental Health First Aid (YMHFA) teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate care.

### Intended Audience

YMHFA is designed for adults who work with young people, ages 12–18, and who do **NOT** have a mental health background: administrators, teachers, nurses, counselors, coaches, secretaries, campus monitors, yard supervisors, registrars, lunch staff, bus drivers, and leaders of faith communities, law enforcement, parents, and other caring citizens. Mental health professionals are encouraged to attend to learn

Content from this training supports Local Control and Accountability Plan —  
Priority Area: Student Engagement and School Climate

The trainings (one 8-hour or two consecutive 4-hour trainings) are delivered to your site(s), at no cost.

**SPACE IS LIMITED TO 35 PARTICIPANTS PER TRAINING. PLEASE NOTE MULTIPLE TRAINING CAN BE DELIVERED SIMULTANEOUSLY. TO SCHEDULE A TRAINING, PLEASE SEND A MESSAGE TO [YMHFA@CDE.CA.GOV](mailto:YMHFA@CDE.CA.GOV)**

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