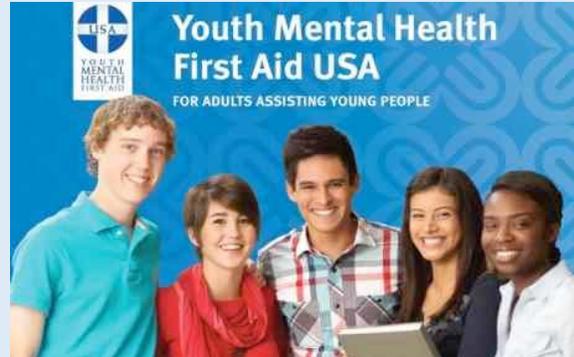


# PROFESSIONAL DEVELOPMENT



## 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.

When: **Thursday, January 30, AND  
Friday, January 31, 2020**  
**Participants MUST attend both days**

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.

Time: **8:00 a.m. - 12:00 p.m.**

### Participants Will Learn

Where: **Tuolumne County Ambulance Center  
18440 Striker Ct. Sonora, CA 95370**

Youth Mental Health First Aid 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 professional, peer, social, or self-help care.

**SPACE IS LIMITED TO 35 PARTICIPANTS**

### Intended Audience

Dress comfortably

Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18: 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 who attend should understand this is a basic information and will give them common language to share with their colleagues. Participants are encouraged to attend as school teams.



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

To register, please contact:  
**Nena Bauman** [mbauman@tcsos.us](mailto:mbauman@tcsos.us)  
**209-536-2081**

RSVPs or changes must be received by January 13, 2020.

Participants may be photographed for use in promotional and/or news materials.

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