

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

Professional Development Opportunity



What

Youth Mental Health First Aid (YMHFA) teaches adults how to identify, understand, and respond to signs of mental health challenges in youth. This training gives adults the skills they need to reach out and provide initial support to youth, and connect them to the appropriate care.



Who

The course is designed for adults who work or interact with youth ages 6-18 years.

When & Where

Date: Saturday, April 19, 2025

Time: 9:30 am - 4:30 pm

**Where: Berkeley High School
1980 Allston Way, Berkeley, CA
94704**

How

Please complete the [interest form](#) to sign up.

Why

A child or young person you know could be experiencing a mental health challenge or crisis. YMHFA teaches you skills to help them.

97% of participants found lessons from the training helpful during the COVID-19 pandemic

Evaluation data has shown that the YMHFA training increases participant confidence in:

- Taking action to help youth address mental health challenges.
- Reaching out and expressing concern to youth.
- Having supportive conversations with youth.

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