

Youth Mental Health First Aid

Free Community Training



Whether you work with children and youth, or you're a parent or caregiver, **you can play a critical role in helping children and youth thrive.**

Youth Mental Health First Aid is designed to teach adults who support and regularly interact with young people how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. This course introduces the following:

- Common signs, symptoms and risk factors of mental health and substance use conditions in youth
- Typical adolescent development
- A 5-step action plan on how to help young people in both crisis and non-crisis situations.



**Thursday,
August 14, 2025**



8:30 AM–4:30 PM



MHSA Admin Office
2001 N Garey Ave,
Pomona



Who can attend

This training is free and open to the general public, service providers, community groups, and organizations in Pomona, Claremont and La Verne



**Register by Monday,
August 11, 2025**

Visit the link or scan the QR code

tinyurl.com/4pzkutku

For more information:

Contact us to learn more about attending or hosting a free Community Mental Health Training



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(909) 242-7636

HOPE. WELLNESS. COMMUNITY.
Let's find it together.

Visit tricitymhs.org and follow us @tricitymhs



Tri-City Mental Health's Prevention and Early Intervention (PEI) programs, including Community Mental Health Trainings, are free and funded by the Mental Health Services Act

