

# YOUTH MENTAL HEALTH FIRST AID FOR ADULTS ASSISTING YOUTH



MENTAL  
HEALTH  
FIRST AID



## HOW IT WORKS:

- FIRST COMPLETE 2HR ONLINE TRAINING (SELF-PACED)
- THEN ATTEND 5HR VIRTUAL INSTRUCTOR-LED TRAINING

Register online at: [www.plumasruralservices.org/youth-mental-health-first-aid](http://www.plumasruralservices.org/youth-mental-health-first-aid)

**AUGUST 3, 2021**

**9:30AM - 3:30PM**

*1hr included for breaks*

**ONLINE**

**FREE! \$100 VALUE!**

*18yrs+ to attend*



2HR ONLINE SELF-PACED TRAINING MUST BE COMPLETED BEFORE ATTENDING THE VIRTUAL INSTRUCTOR LED TRAINING. INFORMATION PROVIDED AFTER REGISTRATION.

**For more information contact:**

**Tammy Masters**

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**Phone:** (530) 283-2735 ext. 882

The logo consists of a stylized mountain range in green with a yellow and orange sun rising behind it.  
**Plumas Rural Services**  
*Serving people, Strengthening families, Building communities*  
[www.PlumasRuralServices.org](http://www.PlumasRuralServices.org)