

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

Professional Development Opportunity



INYO COUNTY
OFFICE OF EDUCATION

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: Friday, November 13, 2026

Time: 8:30 am - 4:00 pm

How: In-Person Instruction

Where: Inyo County Office of Education
-Rm GLCC, 166 Grandview Dr. Bishop,
CA 93514



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.

How



To sign up, please click this link and fill out the registration form:

<https://forms.gle/Fe3yHWEtcxjF2B4k7>



This no-cost training is sponsored by the Inyo County Office of Education