

Elevate Youth California with NAMI San Diego



Level up your youth with us! We provide free trainings tailored to youth 12-26 years old, but we are open to all ages. The following trainings will work best in groups of all sizes.

3 Trainings Available

Student Self Leadership



Youth Personal Growth

- ✓ 5 part training series- each session is 1 hour
- ✓ Focus on Social Emotional Learning Competencies
- ✓ Learn to set goals and achieve them
- ✓ Participate in fun activities
- ✓ Earn a gift card and certificate of completion

More Than Sad



Mental Health Awareness

- ✓ 1 hour presentation
- ✓ Learn signs of depression in self and others
- ✓ Destigmatize mental health
- ✓ Demystify treatment
- ✓ Promote how to seek help

Opioid Misuse Prevention & Response



Naloxone Training

- ✓ 1 hour training
- ✓ Gain knowledge on opioid overdose
- ✓ How to recognize and respond to an overdose
- ✓ How to administer opioid antagonist (Naloxone)
- ✓ Leave the training with Naloxone

Sign up now!

Space is limited.

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