

NAMI Bridges to Care Youth Mental Health Certification

We are so happy you are considering becoming a Certified Youth Mental Health Champion through NAMI Bridges to Care! In order to become Certified and receive a Certificate, you must complete the following courses:



For Adults: (over 10 hours of Training)

- Companionship – 2 hours
- Mindfulness for Youth (Adult Training Session) 1.5 hours
- Healthy Boundaries for Youth (Adult Training Session) 1.5 hours
- Healthy Relationships for Youth (Adult Training Session) 1.5 hours
- Cyber Safety for Youth (Adult Training Session) 1.5 hours
- Self-Harm for Youth (Adult Training Session) 1.5 hours
- *One Elective of your choice One elective module must be taken to become a certified NAMI-BTCSA Youth Mental Health Companion; however, we encourage you to take as many, if not all, of our elective courses.

Elective courses for adults:

- Grief 101: Supporting a Grieving Adolescent - 1 hour; Presented by The Children's Bereavement Center
- Youth Mental Health First Aid (for Adults) – 6 hours; Presented by The Center for Healthcare Services (Bexar County)
- Domestic Violence: Teen Dating Violence - 1 hour, Facilitated by Patricia Castillo of The PEACE Initiative

For Youth: (over 5 hours of Training)

- Mindfulness for Youth (Youth Training Session) 1 hour
- Healthy Boundaries for Youth (Youth Training Session) 1 hour
- Healthy Relationships for Youth (Youth Training Session) 1 hour
- Cyber Safety for Youth (Youth Training Session) 1 hour
- *One Elective of your choice One elective module must be taken to become a certified NAMI-BTCSA Youth Mental Health Companion; however, we encourage you to take as many, if not all, of our elective courses.

Elective courses for youth:

- Self-Harm for Youth (Youth Training Session) 1 hour
- Teen Mental Health First Aid (for Youth) – 4.5 hours; Presented by The Center for Healthcare Services (Bexar County)
- Domestic Violence: Teen Dating Violence - 1 hour, Facilitated by Patricia Castillo of The PEACE Initiative

