



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BECOME A YOUTH MENTAL HEALTH FIRST AIDER

The YMCA of Montclair is offering **free** Youth Mental Health First Aid training in partnership with the Mental Health Association of Essex and Morris. Become a Mental Health First Aider and help save lives.

Why Youth Mental Health First Aid?

Youth Mental Health First Aid (MHFA) teaches individuals how to identify, understand, and respond to signs of mental health and substance use challenges among youth. Trainees must be 18+.

Trainings cover:

- Common signs and symptoms of youth mental health challenges
- Common signs and symptoms of youth substance use challenges
- How to interact with youth in crisis
- How to connect youth with help
- Expanded content on trauma, substance use, and self-care

To register, email **Lindsey Savoie** with name and preferred training location.

MHFA Training Session

Date & Time

Saturday, Feb 10
9:30am-2:00pm

Locations

- YMCA of Montclair
- Mental Health Association
1160 Parsippany Blvd.
Parispany, NJ 07054

30 slots available/session



YMCA OF MONTCLAIR

25 Park Street
Montclair, NJ 07042
973-744-3400
montclairymca.org



CONTACT

Lindsey Savoie, Senior Director of
Camp and Outdoor Education
lsavoie@montclairymca.org
973-415-6119 EXT. 159