

# YOUTH MENTAL HEALTH FIRST AID TRAINING FOR ADULTS

## VIRTUAL EVENT

**NEW ONE DAY SESSION OFFERING**  
**MONDAY**  
**AUGUST 18, 2025**  
**10:00AM-2:30PM**

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. Youth Mental Health First Aid teaches parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

## THE COURSE WILL:

- ✓ Introduce common mental health challenges for youth
- ✓ Review typical adolescent development
- ✓ Teach a 5-step action plan for how to help young people in both crisis and non-crisis situations



Participants will receive certification after completion of all pre and post work, as well as attending live virtual training session

## TOPICS COVERED INCLUDE:

- Anxiety
- Depression
- Substance use disorders in which psychosis may occur
- Disruptive behavior disorders (including AD/HD)
- Eating disorders



**REGISTER**



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