

FREE

Youth Mental Health First Aid Training

08/31/23

8:30-3:30

bit.ly/YMHFA831

7.5 CEUs

**Choose 1 session
that works for you!**

09/05/23

8:30-3:30

bit.ly/YMHFA905

Youth Mental Health First Aid Training teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people. You'll also learn how to help connect them to appropriate support.

After this course, you'll be able to

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying.

Join the more than 2.6 MILLION First Aiders who have chosen to be the difference in their community!

**1-hour break for
lunch**

Location:

**1690 Huston Drive
Decatur, IL 62526**

