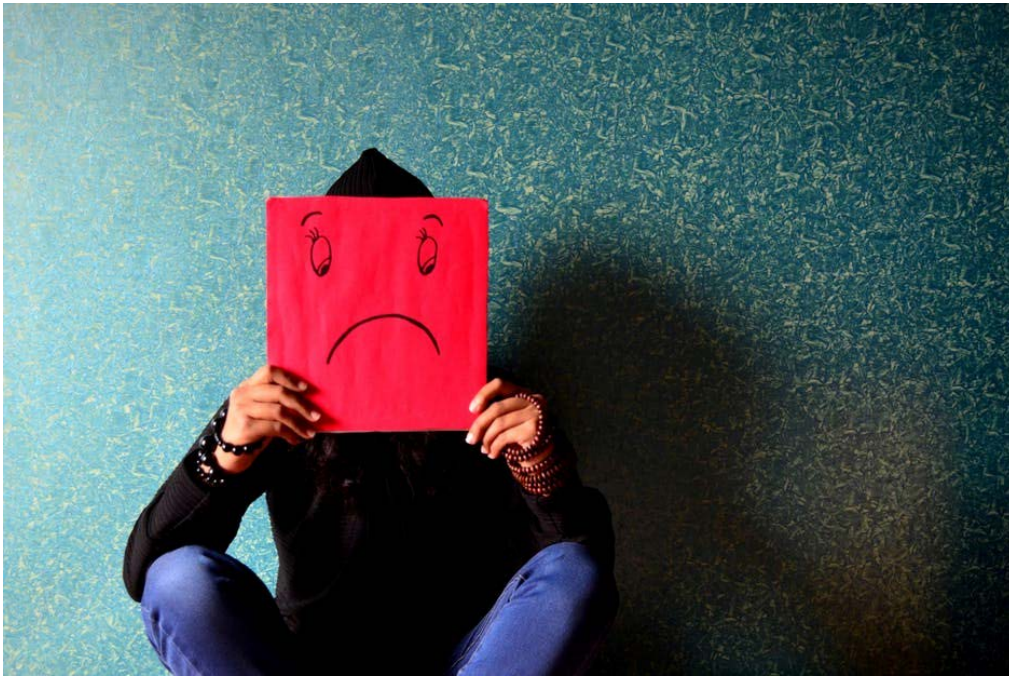


YOUTH MENTAL HEALTH FIRST AID



Sometimes, first aid isn't a bandage, or CPR, or calling 911.

Our Youth Mental Health First Aid Program is designed to aid teachers with tools to help our students who are experiencing a mental health or addictions challenge or are in crisis. The class introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders, and eating disorders.

Are you interested in learning to be part of the solution?
Join us for the Youth Mental Health First Aid Class.