



Youth Mental Health First Aid Training

April 25th & May 2nd, 2023
5:30 – 8:00pm

Location: Zoom

The course is open to anyone 18 and older and is free for all participants.

Youth Mental Health First Aid (YMHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among youth. You'll build skills and confidence you need to support youth in your community.

Who should get trained?

- School Staff
- Parents & Caregivers
- Coaches
- Camp Counselors
- First responders
- Youth Group Leaders
- Community Members
- Anyone who care about the wellbeing of youth in their community!



Course Topics

- Common signs and symptoms of mental health and substance use challenges
- How to interact with a young person in crisis
- How to connect a young person to help
- Expanded content on trauma, substance use, self-care, and the impact of social media and bullying

Learners complete a 2-hour, self-paced online course and participate in two 2.5-hour, virtual instructor-led training sessions.

Registration is required and closes April 21st at 5PM.

**To learn more or register, email
sarah.wilczynski@trinity-health.org**