

Youth Mental Health First Aid

Join the movement.

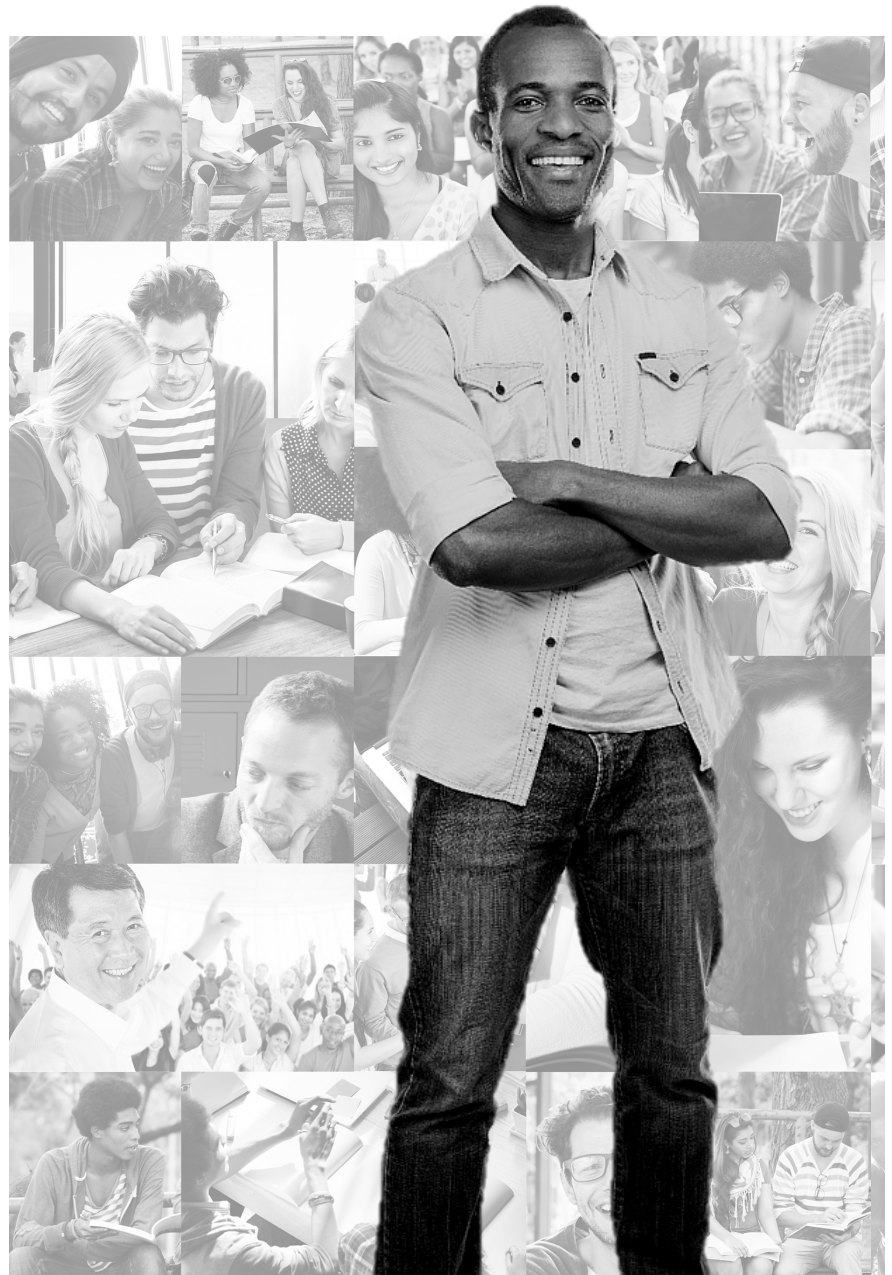
Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

February 15, 2017 or March 6, 2017
CESA 4

923 East Garland Street
West Salem, WI 54669
608-786-4800
www.myquickreg.com

A young person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.**

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18 - teachers, coaches, social workers, faith leaders and other caring citizens.



Take a course. Save a life.
Strengthen your community.