

# Youth Mental Health First Aid

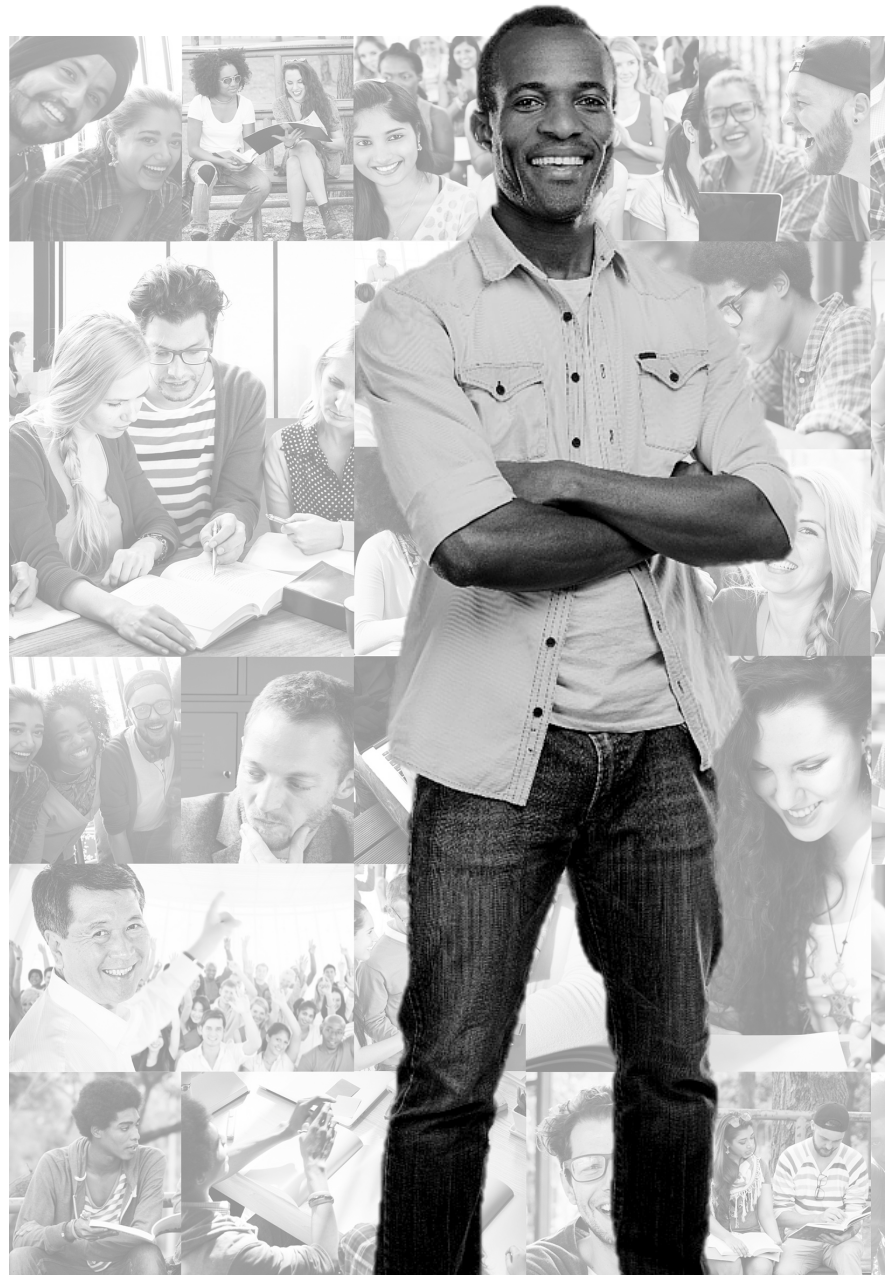
Join the movement.

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

October 23, 2017 or March 5, 2018  
CESA #4  
923 East Garland Street  
West Salem, WI 54669  
608-786-4800  
[www.myquickreg.com](http://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.**