

# Youth Mental Health First Aid Cohort

Youth Mental Health First Aid is designed to teach caring adults how to help an adolescent (age 12-18) who is experiencing a mental health or substance use challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan to help young people in both crisis and non-crisis situations. This two-day format will provide time to experience scenarios to build confidence for actual events and determine support people and plans specific to your district.

## Registration Fee:

\$175 for CESA 5 Safe and Healthy Schools Members

\$275 for Non-Members



**TUESDAY,  
FEBRUARY 14, 2023  
&  
WEDNESDAY,  
FEBRUARY 15, 2023**

8 : 30 am - 2 : 30 pm  
CESA 5, Portage, WI

**CLICK LOGO  
TO REGISTER**



or visit: [www.cesa5.org/events](http://www.cesa5.org/events)

