

YOUTH MENTAL HEALTH FIRST-AID






FROM THE NATIONAL COUNCIL FOR MENTAL WELLBEING

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions 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 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 (including AD/HD), and eating disorders.

WORKSHOP OFFERING DATES

CESA 4 will be offering this workshop three times during the 2023-2024 school year. Each workshop will run from 9:00 am - 3:00 pm and will be held in-person at CESA 4.

- October 16, 2023  [Register Here!](#)
- February 26, 2024  [Register Here!](#)
- June 7, 2024  [Register Here!](#)

This workshop is recommended for ALL school staff including certified and support staff.

COST

This workshop is FREE for districts enrolled in the Framework for Success mental health programming. Non-enrolled districts are \$150.00 per individual registered.

Each workshop includes food and drink, copies of training materials, and digital resources.

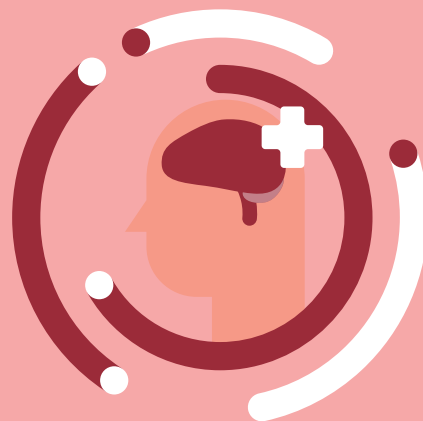
NEED MORE INFORMATION?

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[More Information on Youth Mental Health First Aid \(YMHFA\) can be found here!](#)