

Youth Mental Health First Aid

Learn how to help an adolescent (age 12-18) who is experiencing a mental health challenge or is in crisis.

Youth Mental Health First Aid



- is designed for adults who regularly interact with young people,
- 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.

Each participant receives a YMHFA manual for personal future reference.

Part 1

Complete 2 hours of training on your computer between Nov 3 and Nov 8.



Part 2

Complete a 4.5 hour workshop at First Presbyterian Church Social Hall in Alpena on **Tuesday November 10** from **5:15 p.m. to 9:45 p.m.**

(you may bring your own dinner or snacks)



YOUTH
MENTAL
HEALTH
FIRST AID®

Space is limited.

Register by calling 989-356-2880 or emailing ruth@nemcpi.org

Leave your name, phone number and email address.

You will receive full instructions after you register.

Registration deadline is Nov 3.

FREE to participants thanks to **Northeast Michigan Community Mental Health Authority**



Certified Trainer is Mary Schalk of Partners In Prevention