

## COME JOIN US FOR YOUTH MENTAL HEALTH FIRST AID!

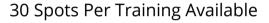




Tues, May 7th *or* Wed, May 29th *or* Wed, June 12th



8:30am-4:30pm





West-Mec District Office 5487 N 99th Ave, Glendale

Take the opportunity to become a certified Youth Mental Health First Aider and learn how to identify, understand, and response to youth who may be experiencing a mental health challenge. You will receive a certificate of completion after 7 hours of training!

## IN THIS TRAINING PARTICIPANTS WILL LEARN:

Common signs and symptoms of mental health challenges

How to interact with a youth in a non-crisis or crisis situation

Understand impact of trauma and substance use among youth

Connect youth to resources

How to use the Mental
Health First Aid Action Plan
when assessing suicide

How to practice selfcare after a non-crisis or crisis situation

PLEASE USE THE LINK OR SCAN THE QR CODE HERE TO REGISTER: <a href="https://forms.gle/etqnp7utsw6hqmdj8">https://forms.gle/etqnp7utsw6hqmdj8</a>



For more information and about registration, reach out to Alexis Perez at alexis.perez@touchstonebh.org

**HOPE TO SEE YOU THERE!** 





