



COME JOIN US FOR YOUTH MENTAL HEALTH FIRST AID!



**Fri, October 4th or
Fri, December 6th**



8:30am-4:30pm



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

30 Spots Per Training Available

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 self-care after a non-crisis or crisis situation

**PLEASE USE THE LINK OR SCAN THE QR CODE
HERE TO REGISTER:**

[HTTPS://FORMS.OFFICE.COM/R/ZJRZR6XY0B](https://forms.office.com/R/ZJRZR6XY0B)



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

HOPE TO SEE YOU THERE!