

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



West-Mec District Office

5487 N 99th Ave, Glendale

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

**\\ 8:30am-4:30pm** 

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	How to interact with a	Understand impact of
symptoms of mental	youth in a non-crisis or	trauma and substance
health challenges	crisis situation	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



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

**HOPE TO SEE YOU THERE!** 

This project was made possible by Grant Number 1 TPIAH000319-01-00 from the HHS Office of Population Affairs. Contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services or the Office of Population Affairs.

carecoalitionaz 🖪 🖸 🗶 🕹 🖬



