

YOUTH MENTAL HEALTH FIRST AID TRAINING 2019 Trainings

January 28th, June 24th & September 30th

You will learn:

- ◆ That the peak age of onset for mental illness is early adolescence
- ◆ The unique risk factors and warning signs of mental health problems in adolescents
- ◆ The importance of early intervention
- ◆ How to help a youth who is experiencing a mental health or substance use challenge
- ◆ A 5-step action plan to assist an adolescent in crisis or an adolescent that is exhibiting the signs and symptoms of mental illness
- ◆ Resources available to help adolescents with a mental health problem

Participants who successfully complete the 8-hour training will become a certified "Youth Mental Health First Aider".

Course is for adults working or living with adolescents. This course is particularly suitable for teachers, coaches, youth workers, church youth leaders and parents.

Sign-In 7:45am
Class: 8:00am-4:30pm
Cost: \$10

Registration is required.
Please register on
www.eventbrite.com.

LOCATION:

Elkhart County Health Department
Lincoln Center
608 Oakland Ave
Elkhart, IN 46516

Lunch is provided. Please bring your lunch if you require dietary restrictions.

**For additional information, please
contact certified Mental Health
First Aid Instructors:**

Amanda Noland, MA
anoland@elkhartcounty.com

or

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574.523.2283



**MENTAL
HEALTH
FIRST AID**

