Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course 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. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Along with the in-person session on July 15th, this training requires pre-work (assigned online after registering) to be completed by July 12th.

Register here or scan the QR code by July 10th: [https://www.eventbrite.com/e/youth-mental-health-first-aid-in-person-tickets-632968234027](https://www.eventbrite.com/e/youth-mental-health-first-aid-in-person-tickets-632968234027)

Additional questions? Email j.fowler@poehealth.org