

**ONE in FIVE**  
teens & young adults  
live  
with a mental  
HEALTH CONDITION



**YOUTH  
MENTAL  
HEALTH  
FIRST AID®**

**Free  
Training**

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

YMHFA is an 8 hour workshop led by two trained instructors. Material will cover information on mental health literacy, adolescent development, anti-stigma messaging and a 5 step process to support youth with a mental health challenge or crisis. Participants will learn the signs of a mental health crisis and have the information to refer to outside resources. This workshop is ideal for those having contact with youth aged 12-18.

**Would you like to learn more about:**

- ⇒ **Typical youth development and what it may look like if a problem is developing**
- ⇒ **Recognizing warning signs and symptoms in this age group, including anxiety, depression, eating disorders, attention deficit hyperactivity disorder, substance use**
- ⇒ **How to interact with an adolescent in crisis**
- ⇒ **Identifying supports and strategies that can help an adolescent**
- ⇒ **How to connect an adolescent with help**

*Sponsored by the  
Stoughton Area School  
District*



To register, please contact  
Anne Fimreite  
[anne.fimreite@stoughton.k12.wi.us](mailto:anne.fimreite@stoughton.k12.wi.us)  
608-877-5511

**Two trainings will be offered:**  
**April 21 & 23 from 5:00-9:00 p.m.**  
**(must attend both evening sessions)**  
**OR**  
**June 18 from 8:00 a.m.-4:00 p.m.**  
**320 North Street (District Office)**