

# YOUTH MENTAL HEALTH



# FIRST AID

Youth Mental Health First Aid is designed to instruct teachers and school staff how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18 who are experiencing a mental health or addictions challenge or are in crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. 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.

**MARCH**  
27,  
2025

**APRIL**  
3,  
2025

**MAY**  
14,  
2025

**JUNE**  
4,  
2025

**TIME:**  
8:30  
4:00

**AUDIENCE:**  
Administrators  
Campus Staff  
Teachers  
Counselors

**Session #**  
210349

**Session #**  
210350

**Session #**  
210351

**Session #**  
210352

**NO FEE:**  
Paid for through  
grant funding

**LOCATION:**  
6611  
Boeing Dr.