

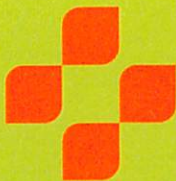


Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



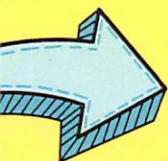
Better Together
ESD 105



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Youth Mental Health First Aid (YMHFA) is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors and health and human services workers and any other adult how to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge. Youth Mental Health First Aid is available in English and Spanish.



Scan the QR code above

www.esd105.org

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EDUCATIONAL SERVICE DISTRICT 105