

Youth

MENTAL HEALTH FIRST AID



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®



SIGN-UP FOR AN IN-PERSON OR VIRTUAL TRAINING

Youth Mental Health First Aid is designed to teach people 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 ADHD), and eating disorders.



\$25 registration fee

This class requires 2 hours (app.) of individual pre-work and 6 hours of virtual class training. Participants MUST complete the pre-work to be able to join the virtual session.

9:00 AM - 3:30 PM

① **OCTOBER 22, 2026**

OCTOBER 15, 2026

② **FEBRUARY 23, 2027**

FEBRUARY 16, 2027

③ **APRIL 20, 2027**

APRIL 13, 2027

***CLASS DATES**

***DEADLINE FOR PRE-WORK**



WWW.MRESA.ORG

in-person

virtual