



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

**BE THE SUPPORT YOUNG
PEOPLE NEED**



Better Together
ESD 105



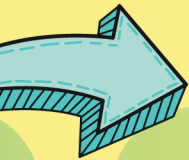
Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

- Identify signs of mental health & substance use challenges (ages 12-18)
- Understand and respond with confidence
- Connect youth to the right help

For parents, families, educators, coaches,
community members, youth workers

- Skills-based, interactive course
- Available in English and Spanish
- Helps you be “first aid” until professional help is available



**Scan the QR code above to
request a training**
www.esd105.org

Better Together

EDUCATIONAL SERVICE DISTRICT 105