

YOUTH MENTAL HEALTH FIRST AID TRAINING

Sat., Feb. 9th

8am-5.30pm

The Foundry, 9800 Old Keene Mill Rd., Burke



YOUTH MENTAL HEALTH FIRST AID:

- Introduces to risk factors and warning signs of mental health problems,
- Builds understanding of the importance of early intervention, and
- Most importantly, teaches how to help someone who is in crisis or experiencing a mental health or substance use challenge.

Individuals trained in the program:

- Increase their knowledge of signs, symptoms and risk factors of mental illnesses and addictions in youth.
- Can identify multiple types of professional and self-help resources for youth with a mental illness or addiction.
- Have more confidence that they can and are more likely to help youth who are in distress.
- Better understand the impact mental illnesses have on a young person, their family, and communities.
- Help to reduce stigma associated with mental illnesses.
- Show increased mental wellness themselves.

After training, all participants will be certified mental health first aiders.

**Please RSVP by Mon., Feb. 4th at:*

<https://www.signupgenius.com/go/5080d4cacao2aa4f49-youth>

Questions? Email: WOEagleWellness@gmail.com.

**There is a \$25 fee for training manuals, and the training is limited to 25 participants.

***Peet's Cafe will provide coffee. Please provide your own lunch.