

# FREE Youth Mental Health First Aid Course

Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

A young person you know could be experiencing a  
mental health challenge or crisis. You can help them.

When: Thursday, May 6, 2021

Thursday, May 27, 2021

Thursday, June 17, 2021

Wednesday, July 7, 2021

Tuesday, August 17, 2021

All Classes - 8:00am - 5:00pm (Lunch on your own)

For more information or to register contact  
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**Sometimes, the best first aid is you. Take the course, save a life, strengthen  
your community.**



You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 5-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

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