

Virtual Youth Mental Health First Aid



What is Youth Mental Health First Aid?

Youth Mental Health First Aid is a public education program that introduces the risk factors and warning signs of mental health illnesses and substance use disorders in youth, builds understanding of their impact, and reviews common support options. This virtual course uses videos and simulations to demonstrate how to offer initial help in a mental health crisis, and to connect persons to the appropriate professional, peer, social, and self-care help.

Who should attend?

This course is designed for adults who regularly interact with adolescents ages 12–18, including teachers, school staff, coaches, youth group leaders, parents, or anyone interested in increasing their mental health literacy about youth.

Please note, this class may be too basic for those who work in mental health services.

Upcoming class

Monday, November 9, 2020

12:30 – 5:00 pm.

NOTE:

This is a virtual training preceded by a two-hour, self-paced, online training which must be completed before attending the virtual session.

Register today

To sign up:

<https://mhfavirtualyouth10.eventbrite.com>

Or contact: ketaylor@healtheast.org

Register by Monday, November 2!

Seats are limited.

This class is free

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Fairview Foundation and Grand Itasca Clinic and Hospital.