

Youth Mental Health First Aid



Free course teaches you what to do in a mental health crisis

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 illnesses and substance use disorders in youth, builds understanding of their impact and reviews common support options. The eight-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and 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

Thursday, May 16, 2019
8:00 am – 5:00 pm

Grand Itasca Clinic and Hospital
Grand Maple Conference Room
1610 Golf Course Rd.
Grand Rapids, MN 55744

Must attend the full day.

Register today

fairview.org/mhfaclasses

Or

ketaylor@healtheast.org
651-232-1449

Register by May 10

This class is free thanks to our sponsors

This class, valued at \$170 per person, is sponsored by Grand Itasca Clinic & Hospital and Fairview Community Health and Innovation

A free lunch will be served.