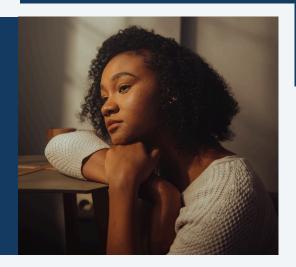


# YOUTH MENTAL HEALTH FIRST AID TRAINING

Help Youth. Save Lives. Start Today.



### **Course Options**

- Virtual: 2-hr online module
  + 5.5-hr live Zoom
- Blended In-Person: 2-hr online module + 5-hr inperson

#### Who Should Attend

- Parents
- Caregivers
- Educators
- Faith Leaders
- Community Advocates

## Powered by Partnership

This course is developed by Mental Health First Aid USA in collaboration with:

- National Council for Mental Wellbeing
- Maryland Department of Health and Mental Hygiene
- Missouri Department of Mental Health
- Georgetown University Center for Child and Human Development

#### Overview

Adolescents—especially those living with rare and chronic illnesses, and their siblings—often face unique emotional and mental health challenges. YOU can be the difference in their journey.

# **Why Get Certified**

- Recognize early warning signs of mental health challenges
- Respond effectively to youth in crisis or distress
- Build empathy and reduce stigma
- Strengthen community connections across schools, families, and healthcare
- Gain 6 CEUs and a nationally recognized certification (valid for 3 years)

Course Value: \$170 per person