

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is an entry-level training that teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18.



YOU WILL LEARN:

- Common signs and symptoms of mental health challenges.
- 5-Step action plan to help a youth in crisis and non-crisis situations.
- How to connect a youth to appropriate services and supports.

**APRIL 11, 2024
8:00 AM - 3:30 PM
ARMORY BUILDING
104 SW 4TH AVE
ALBANY, OR**

WHO SHOULD ATTEND:

Parents • School Staff • Educators •
Coaches • Youth Group Leaders •
First Responders • Youth-Serving
Adults

Sponsored by Linn County Health Services

Registration is required. Certification will be provided.

**For more information or to register, email
prevention@co.linn.or.us**