

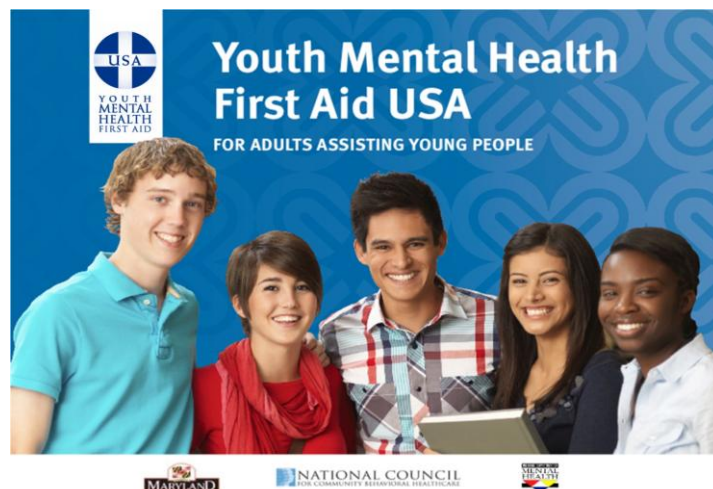
Youth Mental Health First Aid Training

Youth Mental Health First Aid is a NEW 8 hour certification course designed for adults who regularly interact with adolescents, that focuses on helping youth ages 12-18 who may be who may be experiencing mental health distress or are in a crisis.

Who should take Mental Health First Aid training?

- School personnel, nurses and educators; front end staff;
- First-responders, fire, police;
- Youth Serving Agency Staff
- Healthcare Professional
- Parents and Families
- Juvenile Justice and other Professionals
- Faith Community

FIRST PRIORITY WILL BE GIVEN TO THOSE WHO WORK WITH YOUTH IN THE MERIDEN AND WALLINGFORD COMMUNITIES.



Youth Mental Health First Aiders learn the following:

- The prevalence of mental illnesses in the U.S among adolescents.
- The potential warning signs of the most common mental health disorders
- A 5 step action plan to assist an individual in crisis
- Resources available to help someone with a mental health problem

Dates: October 17th and October 18th 2013

Time: 8:30 a.m.-1:30 p.m.

(Attendance **both** days required to receive certification)

Location: American Heart Association, 5 Brookside Drive, Wallingford CT 06492

A light lunch will be provided to participants

Training provided by instructors: Cate Bourke-Rushford and Marlene McGann-SCSAC

**To register contact: Paula Snedeker at Rushford, 883 Paddock Ave
Meriden, CT 06450 phone 203-630-5229 or paula.snedeker@hhchealth.org**

This training is offered free with funding and sponsorship from:

