



Mental Health First Aid Virtual Trainings

Cost: FREE



Mental Health First Aid training is an 8-hour evidence-based curriculum created by the National Council for Mental Well-being. This course helps adults working with youth ages 12-18 to identify, understand, and respond to the early signs of mental health and substance use challenges using the ALGEE action plan.

MENTAL HEALTH FIRST AID COVERS	WHO SHOULD ATTEND:
<ul style="list-style-type: none">▪ Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).▪ Common signs and symptoms of substance use challenges.▪ How to interact with a child or adolescent in crisis.▪ Expanded content on trauma, substance use, self-care and the impact of social media and bullying.	<ul style="list-style-type: none">▪ Teachers▪ School Staff▪ Coaches▪ Camp Counselors▪ Youth Group Leaders▪ Parents▪ Adults Who Work with Youth

Participants complete a 2.5 hour online self-paced course prior to each virtual training.

Choice of two trainings dates:

- **April 26 from 12:45-4:00 PM and April 27 from 8:45 AM – 12:00 PM.**
- **May 18 from 12:45-4:00 PM and May 19 from 8:45 AM – 12:00 PM.**

These webinars are sponsored by PROSPER - a statewide collaboration to promote school-university-community partnerships to enhance resilience as youth enter adolescence.

For questions or to register, contact:

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