

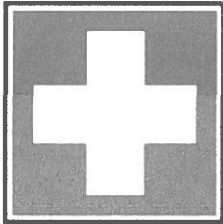


PennState

Mental Health First Aid Virtual Trainings

Cost: FREE

Act 48 Approved



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 the virtual training. The next training is on:

October 15 from 12:45-4:00 AND October 16 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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