



## 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.

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

Participants complete a 2.5 hour online self-paced course prior to the virtual training. The next training is on:

**Thursday, January 16 from 6-9 PM AND Thursday, January 23 from 6-9 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:  
Christy Tomascik [cat127@psu.edu](mailto:cat127@psu.edu); 570-814-2392

