



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 each virtual training.

Wednesday, June 4th from 6-9 PM AND Wednesday, June 11th 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; 570-814-2392

