Association for
Mental Health and Wellness

To Advocate. To Educate. To Empower. Together.

FREE VIRTUAL YOUTH MENTAL HEALTH FIRST AID CERTIFICATION

WHAT IS YOUTH MENTAL HEALTH FIRST AID?

This training introduces the risk factors and warning signs of a variety of mental health challenges common among adolescents and youth. Learn how to apply the five step **ALGEE** action plan. Through role-playing and simulations, discover how to support a youth developing signs and symptoms of a mental health challenge or crisis, and connect them with appropriate supports.

WHO SHOULD TAKE THIS COURSE?

This course is designed for adults who regularly interact with adolescents (parents, teachers, school staff, coaches, youth group leaders, etc.).

Mental Health First Aid is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

VIRTUAL TRAINING

This training has two parts: self-paced pre-work and a 6-hour live virtual group session. Pre-work must be completed in advance to gain access to our live training.

631-471-7242 x1328
mhfa@mhaw.org

WEDNESDAY, OCTOBER 16TH
9 AM - 3 PM

WEDNESDAY, NOVEMBER 13TH
9 AM - 3 PM