

Youth Mental Health **FIRST AID** Training

Youth Mental Health First Aid is designed to empower adults to be able to start conversations about mental health and substance use issues.



The training provides an action plan that teaches people how to identify and address potential problems including anxiety, depression, eating disorders and more.

Thursday, September 25, 2025

9 a.m. to 4:30 p.m.

Park 215 | 215 Stillwater Avenue, Stamford

The training is being held **FREE** of charge for the community! Space is limited and lunch will be provided! **For more information and to register, email Denique:**
youthmentalhealthct@gmail.com

The training is for informational purposes only and not medical/professional advice.

stamfordyouthmentalhealthalliance.org



don't carry it alone.
WE'VE GOT YOU