Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Virtual Mental Health First Aid Youth Course

TUESDAY, AUGUST 26th



Are you a coach, parent, caregiver, teacher, or school staff employee?

Youth Mental Health First Aid is a course for adults who regularly interact with youth (ages 12–18). It teaches how to recognize mental health or substance use challenges, understand adolescent development, and respond using a 5-step action plan. Topics include anxiety, depression, ADHD, eating disorders, and more.

MHA
Mental Health America
of Kentucky