

Youth Mental Health Training

Mon Nov 4th and Wed Nov 6th 5:30-8:30pm (You need to attend both sessions) Family Learning Center in Edwards

Who: For parents, caregivers, teachers, health and human services workers, and caring individuals

What: Learn how to help an adolescent who is experiencing a mental health challenges now or in the future. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Testimonial: From one participant... "The training was so eye opening to me and made me realize so much about my own upbringing and how I want my son's experience to be different."

Please contact Molly Fiore at SpeakUp ReachOut for more info: mollyfiore@speakupreachout.org