Youth Mental Health First Aid Training



TWO REGISTRATION OPTIONS AVAILABLE: SEE BELOW

The purpose of this training is to develop tangible skills to support youth with diagnosed and suspected mental health and/or substance abuse challenges.

Participants will be empowered to identify common mental health challenges and behaviors, stigmas surrounding mental health treatment, and behaviors and strategies to employ in a crisis situation until professional help is accessed.

SPACE IS LIMITED FOR THIS FREE TRAINING!

For more information, click here or scan the QR code.
You will be able to choose which training works best for you.

Two-Part Virtual Training

June 4th & 5th 2026
10:00 a.m. - 1:00 p.m. EDT

Location: Online, via Zoom

In-Person Training

June 6th 2026
10:00 a.m. - 5:00 p.m. EDT

Location: North Laurel Community Center,
9411 Whiskey Bottom Road, Laurel, MD 20723

FACILITATED BY

SAGE Wellness Group

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

SPONSORED BY

HOWARD COUNTY HEALTH DEPARTMENT