

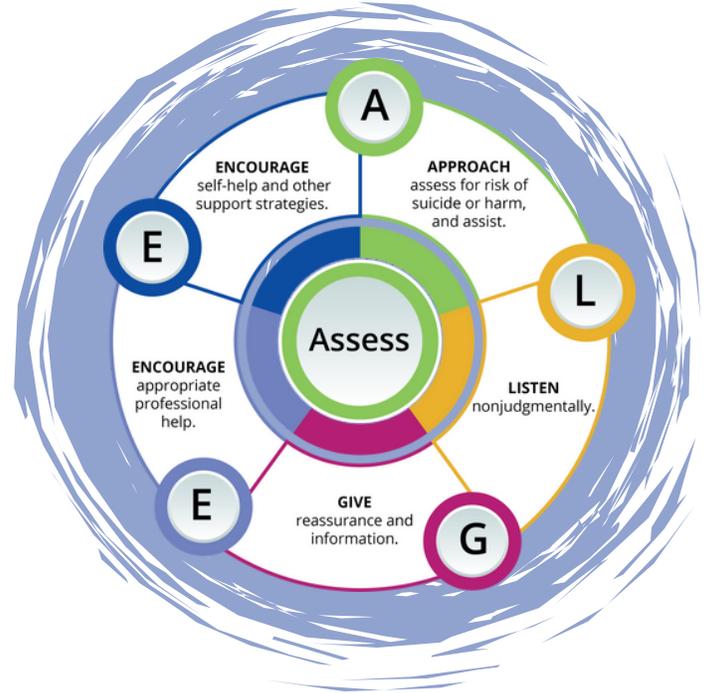


FREE YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid (MHFA) teaches adults how to identify, understand, and respond to signs of mental health and substance use challenges in adolescents (age 12-18).

WHAT IT COVERS

- Common signs and symptoms of mental health challenge including, anxiety, depression, eating disorders, and ADHD.
- Common signs and symptoms of substance use challenge.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help. Expanded content on trauma, substance use, and self-care.



ST. LAWRENCE COUNTY

Gouverneur Community Center
4673 NY-58

Gouverneur, NY 13642

April 3, 2024

8:30 a.m. - 4:30 p.m.

[SLC Register Here](#)

-or-



**SCAN
ME** 

QUESTIONS? CONTACT:

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