



YOUTH MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying.

Join the more than
2.6 MILLION
First Aiders who have chosen to be the difference in their community.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

Scan the QR code to register or go to tritowncouncil.org/events



Questions? Contact Meredith Shaw at: mshaw@tritowncouncil.org

Register today for this FREE 2 day in-person training!*

DATE: October 29 - 30th (must attend both days)
TIME: 9 - 1PM
LOCATION: Middleton Congregational Church, 66 Maple St., Middleton
INSTRUCTORS: Windi Bowditch & Erin Clasby, Northshore Education Consortium

*Training qualifies for 8 PDP's through Northshore Education Consortium. Please note: Must attend both sessions to qualify for PDP's and to receive a Youth Mental Health First Aid training certificate.

Youth Mental Health First Aid training is generously funded by the Town of Boxford's Opioid Abatement Settlement and van Otterloo Family Foundation.