



YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is an entry level training that teaches you how to help an adolescent (ages 12-18) who may be developing a mental health problem or experiencing a mental health crisis, and connect them to the appropriate care.

Who Should Attend:

- Parents
- Educators
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Youth-serving adults

Tuesday, May 2, 2023

8:00 a.m. - 3:30 p.m.

Linn County Armory Building

104 SW 4th Ave

Albany, OR

Takeaways from the Training:

- Learn the 5-Step action plan to help teens in both crisis and non-crisis situations
- Learn the risk factors and common warning signs for a mental health problem or crisis
- Learn how to connect individuals in crisis to appropriate services and supports
- Learn information about common mental health and addiction challenges
- Receive YMHFA 3-year certification

Registration is required and space is limited
To register contact Linn County Health Services
(541) 967-3819 or prevention@co.linn.or.us
Sponsored by Linn County Health Services

