



Youth Mental Health First Aid USA

FOR ADULTS ASSISTING YOUNG PEOPLE



Training offered for Clay, Platte and Ray Counties

Youth Mental Health First Aid is an 8 hour training that teaches participants how to provide initial help to young people experiencing mental health problems such as depression, anxiety disorders, psychosis and substance use disorders. This program is designed for adults who interact with youth ages 12-18. The information presented will help you:

- Be aware of some basic signs and symptoms of the most common mental health disorders among youth
- Recognize potential warning signs exhibited by youth with mental health issues
- Be prepared to react appropriately when a young person is experiencing a mental health crisis
- Understand how to connect youth to the help they need in our community
- Reduce the level of stigma often associated with mental health disorders

Upcoming Training Date and Details

RSVP is required. Must attend training in its entirety.

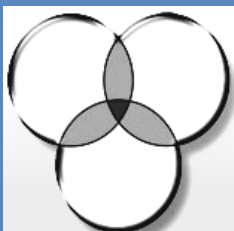
<u>Date</u>	<u>Location</u>	<u>Training</u>	<u>Capacity</u>	<u>Cost</u>
July 11, 2018	Platte County Health Department 1201 East Street Parkville, MO 64152	8:00 am-5:00 pm (Lunch Included)	20	FREE



**Nationally this course is valued at \$170, but because of generous sponsorship by Missouri's Department of Mental Health you have the opportunity to attend at no cost.*

Target Audience (but not limited to):

This training is excellent for anyone who has direct contact with youth. Training is basic and is not designed to provide new information for trained clinicians (counselors, therapists, social workers). Coaches, faith communities, parents, police officers and other emergency responders, scout/youth leaders, family living providers, school employees, human resource professionals and friends and family of individuals with mental illness or addiction will greatly benefit.



**TRI-COUNTY
MENTAL HEALTH
SERVICES, INC.**

To register for this training, please contact

Kelsey Prather,

Youth Suicide Prevention Specialist

816-877-0496 or kelseyp@tri-countymhs.org