



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.

REGISTER TODAY!

Blended with In-Person Instructor-Led Training*

Date and Time:

January 19, 2023, 9:00 AM - 3:00 PM CST

Location:

Tri-County Mental Health Services
3100 NE 83rd Street Suite 2450
Kansas City, MO 64119

Cost:

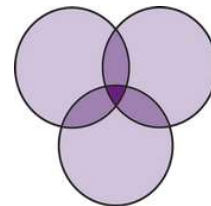
Free for all Missouri residents, courtesy of the Missouri Department of Mental Health

[Click Here to Register!](#)

**Learners must complete a 2-hour, self-paced online course, and participate in a 4.5 to 5.5-hour Instructor-Led Training (ILT)*

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.



TRI-COUNTY
MENTAL HEALTH
SERVICES, INC.

For questions, please email Sherri Miller or Taylor Ottley
smiller9901@gmail.com
tayloro@tri-countymhs.org