



# YOUTH MENTAL HEALTH FIRST AID

for the rural community and  
those who serve them

## 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

Sign up for a **FREE Youth Mental Health First Aid Training** at

<https://wirose.wisc.edu>

## UPCOMING VIRTUAL TRAININGS:

First Aiders will complete a 2-hour, self-paced online class, and then participate in an Instructor-led Zoom Meeting. Limited to 30 adults.

All trainings start at 9:00am and end at 3:00 PM

- [April 14, 2023](#)
- [May 12, 2023](#)
- [June 23, 2023](#)



Please contact [jenniferpark@wisc.edu](mailto:jenniferpark@wisc.edu) for questions

Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery.

WiROSE is a project of the Extension Health and Well-being Institute.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements