



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://go.wisc.edu/j254sp>

UPCOMING TRAINING:

First Aiders will participate in an Instructor-led in person workshop at the Great Lakes Visitors Center. 29270 Co Hwy G, Ashland, WI Limited to 30 adults.

Date: Friday, May 5th, 2023

Time: 9 am-5 pm

Refreshments and Lunch Included

Please contact tracy.henegar@wisc.edu for questions

