

Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

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

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.

Please contact jenniferpark@wisc.edu for questions



Trainings are offered the Great Lakes Rural Opioid Technical Assistance Regional Center (ROTA-RC) and is funded by SAMHSA to develop and disseminate training and technical assistance addressing opioid and stimulant use affecting rural communities in II, IN, MI, MN, OH, and WI. 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

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

- Friday, May 24th
- Thursday, June 13th
- Friday, July 26th



