



YOUTH MENTAL HEALTH FIRST AID

**A YOUTH you may know, could be experiencing a mental health issue or a mental health crisis. Do you know what to do and what resources are available?
YOU can help!**

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. It is an 8 hour public education program.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD).

Participants do not learn to diagnose, or how to provide any therapy or counseling.

Anyone can take the **FREE** YOUTH Mental Health First Aid course. *Take the course, save a life, strengthen your community.*

Sponsored by **Tuscola Behavioral Health Systems (TBHS)**

Register by calling Susan Holder, Director of Marketing and Training Services 989.673.6191 or email: tbhspublicinformation@tbhs.net

TBHS Training Center

129 E. Burnside Street, Caro, MI 48723 (Entrance #3)

Tuesday, September 17, 2019

8:30 am to 5:00 pm



www.MentalHealthFirstAid.org