

YOUTH MENTAL HEALTH FIRST AID

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 WILL LEARN:

- Common signs and symptoms of mental health challenges.
- 5-Step action plan to help a person in crisis and non-crisis situations.
- How to connect a youth to appropriate services and supports.

**SEPTEMBER 26, 2024
8:00 AM - 3:30 PM
ARMORY BUILDING
104 SW 4TH AVE
ALBANY, OR**

WHO SHOULD ATTEND:

Parents • School Staff • Educators
Coaches • Youth Group Leaders
First Responders • Youth-Serving
Adults

Sponsored by Linn County Health Services
Registration is required. Certification is provided.

For more information or to register, email
prevention@linncountyhealth.org