



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID FOR ADULTS

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches adults 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 and 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.

Join the more than

2.6 MILLION

First Aiders who have chosen to be the difference in their community.

Saturday, July 22, 2023

9:00 am - 4:00 pm

East Granby Community Center

20 Center Street, East Granby, CT

Delivery Format:

The majority of the class will be in-person; however, there is some pre-course work that will need to be completed online prior to the in-person portion.

This information will be emailed upon registration.

**Learn how to respond with the
Mental Health First Aid Action Plan (ALGEE):**

Assess for risk of suicide or harm.

Listen nonjudgmentally.

Give reassurance and information.

Encourage appropriate professional help.

Encourage self-help and other support strategies.



for more information, see EastGranbyRec.com