



Department of Community and Human Services



YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is a free eight-hour training and certification on skills to teach family members, caregivers, school staff, peers, neighbors, health and human services professionals and other caring residents how to help an adolescent (age 12-18) experiencing a mental health or addiction challenge or crisis. **Not recommended for mental health professionals.**

The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders, the effects of the illnesses, an overview of treatments and a five-step action plan for helping until professional help is available.

REGISTER TODAY!

SEATS ARE LIMITED!



Thursday, June 20



9 a.m.-5 p.m.



**4850 Mark Center Dr.
Conference Room 1305**



SCAN TO REGISTER!



MENTAL HEALTH FIRST AID®



Questions? Contact temi.aregbesola@alexandriava.gov.

For reasonable disability accommodation, contact maurice.tomdio@alexandriava.gov, or call 571.384.5244, Virginia Relay 711.