YOUTH MENTAL HEALTH FIRST AID TRAINING

FRIDAY, DECEMBER 9, 2022

9AM-3PM

AT THE BOROUGH BUILDING

This course is being offered for free and is limited to 25 participants. To register please call the Borough Office at 814-643-3966.

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.

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.