

Youth Mental Health First Aid



Upcoming class

Thursday, October 10, 2019

8:00 am – 5:00 pm

Participants must attend the full day.

Moundsview School District

4570 Victoria St. N.

Shoreview, MN 55126

Register today

To sign up or learn more, contact:

Register: [HERE](#)

www.fairview.org/mhfaclasses

or

ketaylor@healtheast.org

Register by Thursday, October 3

This class is free thanks to our sponsors

This class, valued at \$170 per person, is sponsored by Fairview Community Health and Innovation, Saint Paul Ramsey County Public Health, and Suburban Ramsey Family Collaborative.

Lunch is provided.

What is Youth Mental Health First Aid?

Youth Mental Health First Aid is a public education program that introduces the risk factors and warning signs of mental health illnesses and substance use disorders in youth, builds understanding of their impact, and reviews common support options. The eight-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis, and to connect persons to the appropriate professional, peer, social, and self-care help.

Who should attend?

This course is designed for adults who regularly interact with adolescents ages 12–18, including teachers, school staff, coaches, youth group leaders, parents, or anyone interested in increasing their mental health literacy about youth. Please note, this class may be too basic for those who work in mental health services.