



## Free Youth Mental Health First Aid Training

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. 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. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. Any adult is welcome to attend!!

**Date: April 5<sup>th</sup> Amherst Regional Middle School Library**  
**and April 12<sup>th</sup> Amherst Regional High School Library**  
**(must attend both days and preregister, limited to 25 participants)**

**Time: 5:00pm-9:00pm each session**

**RSVP: Nancy Stewart email: [sepac@arps.org](mailto:sepac@arps.org) or call 413-687-4255**

## **FREE WORKSHOP**



**ARPS SEPAC**

*Families supporting families!*

