

# YOUTH MENTAL HEALTH FIRST AID TRAINING 2020 Trainings

**February 24th, June 15th & September 21st**

## You will learn:

- ♦ That the peak age of onset for mental illness is early adolescence
- ♦ The unique risk factors and warning signs of mental health problems in adolescents
- ♦ The importance of early intervention
- ♦ How to help a youth who is experiencing a mental health or substance use challenge
- ♦ A 5-step action plan to assist an adolescent in crisis or an adolescent that is exhibiting the signs and symptoms of mental illness
- ♦ Resources available to help adolescents with a mental health problem

Participants who successfully complete the 8-hour training will become a certified "Youth Mental Health First Aider".

Course is for adults working or living with adolescents. This course is particularly suitable for teachers, coaches, youth workers, church youth leaders and parents.

**Sign-In 7:45am**

**Class: 8:00am-4:30pm**

**Cost: \$25**

**Registration is required.**

**Please register on**

**[www.eventbrite.com](http://www.eventbrite.com).**

## LOCATION:

Elkhart County Health Department  
Lincoln Center  
608 Oakland Ave  
Elkhart, IN 46516

Lunch is provided. Please bring your lunch if you require dietary restrictions.

**For additional information, please  
contact certified Mental Health  
First Aid Instructors:**

**Amanda Noland, MA**  
**[anoland@elkhartcounty.com](mailto:anoland@elkhartcounty.com)**

**or**

**Barb Welty**  
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Elkhart County Health Department

