



YOUTH MENTAL HEALTH FIRST AID TRAINING

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.

*Learn how to
support a young
person in your life!*

Training includes:

- Common signs and symptoms of mental health conditions in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying

**Friday, December 9
and December 10, 2022**

**The Fairgate
Community Center
9 Fairgate Drive, 2nd
Floor, Stamford**

- **12/9 Training times:
4:00pm-7:30pm**
- **12/10 Training times:
9:00am-2:00pm**

*Space is limited to
30 people.*

*Register by emailing
deniquecweidema@gmail.com*

THIS TRAINING IS BEING HELD FREE OF CHARGE
AND IS UNDERWRITTEN BY THE STAMFORD YOUTH MENTAL
HEALTH ALLIANCE. PLEASE NOTE THAT PARTICIPANTS MUST
ATTEND BOTH SESSIONS.