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Winter Wellness Starts with Free Youth Mental Health First Aid

STAMFORD, CT/November 5, 2025 – As the colder months approach, it's the perfect time to prepare yourself with the tools to support youth facing mental health challenges this winter. The Stamford Youth Mental Health Alliance is offering two free Youth Mental Health First Aid training courses this November and December, specifically designed for parents, educators, coaches and anyone who works with youth.

These courses teach participants skills to not only identify mental health and substance use concerns in youth but also address it. Research shows that starting these important conversations early significantly increases the likelihood of a young person reaching out to get the help they need.

Details for the upcoming training sessions:

- Tuesday, November 11 from 9 a.m. to 4:30 p.m.
- Friday, December 5 from 9 a.m. to 4:30 p.m.

These sessions are free and will be held at Park 215, 215 Stillwater Avenue, Stamford. Space is limited, and lunch is provided so register today at youthmentalhealthct@gmail.com.

The training is sponsored by the Stamford Youth Mental Health Alliance, a city-wide network of 35+ organizations working together to improve access to mental health services for children and adolescents. The goal of their collective effort is to build a greater understanding of the importance of youth mental wellness, ensure care is accessible and inclusive, and facilitate a comprehensive system of intervention and support for families across our community. For more information and a listing of resources in our area, visit www.stamfordyouthmentalhealthalliance.org.

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