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**Free Mental Health First Aid Training for Mental Health Awareness Month**

STAMFORD, CT/May 25, 2025 - In recognition of Mental Health Awareness Month and to demonstrate that our kids' mental health matters, the Stamford Youth Mental Health Alliance (SYMHA) is hosting free Youth Mental Health First Aid training geared toward parents, educators, coaches and any adult who works closely with young people. This one-day, in-person course equips participants with the tools to recognize and respond to common mental health challenges in youth. Training will be held on Friday, May 30 from 9 a.m. to 4:30 p.m. at Park 215, 215 Stillwater Avenue in Stamford. Lunch will be provided for all attendees.

According to the Centers for Disease Control, suicide is the second leading cause of death among teens and young adults. As rates of anxiety, depression and stress among young people continue to rise, programs like this are more essential than ever.

Space is limited, register today at [youthmentalhealthct@gmail.com](mailto: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](http://www.stamfordyouthmentalhealthalliance.org).

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