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Kick off a New School Year with Youth Mental Health Training

STAMFORD, CT/September 5, 2025 – As students head back to the classroom, they don't just need school supplies, they need support. This fall, the Stamford Youth Mental Health Alliance is offering two free Youth Mental Health First Aid training courses geared toward parents, teachers and any adult who interacts with kids on a regular basis.

This specialized training equips adults with the knowledge and tools to identify and support young people facing mental health and substance use challenges. Experts believe that when more people are trained to start these crucial conversations, young people are more likely to receive the help they need.

Two fall sessions are available. Both are free and include lunch:

- Thursday, September 25 from 9 a.m. to 4:30 p.m.
- Monday, October 13 from 9 a.m. to 4:30 p.m.

These sessions will be held at Park 215, 215 Stillwater Avenue, Stamford. Space is limited, 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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