

YOUTH
MENTAL
HEALTH
FIRST AID®



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FREE TRAINING

SATURDAY, OCTOBER 9, 9AM - 6PM

When:

Saturday, October 9
9:00am to 6:00pm

Where:

Atwood Memorial Center
651 1st Avenue South
St. Cloud, MN, 56301

Cost: FREE

Includes all materials

How to Register:

ymhfa-st-cloud.eventbrite.com

More Information:

(612) 351-2080

Spaces are limited!

*Please ensure to
register by:*

October 2nd!

Why Mental Health First Aid?

Youth Mental Health First Aid is a public education program that introduces adults to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention and teaches individuals how to help youth in crisis or experiencing a mental health challenge.

WHAT IT COVERS

- Signs and symptoms of mental health.
- Specific risk factors faced by many families such as trauma.
- How to break down the stigma associated with mental illness.
- How to reach out to youth reluctant to seek help.
- Community resource information and support.

Studies show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.



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