

# Youth Mental Health First Aid 2.0 Training

JOIN US FOR THIS FREE **VIRTUAL** COURSE!

**Youth Mental Health First Aid** is primarily designed for adults who regularly interact with young people. It teaches how to help an adolescent (age 12-18) who is experiencing a challenge or is in crisis.

## Details



**MAY 20th, 2021**  
**9:00 AM - 2:30 PM**



**VIRTUAL TRAINING**  
**VIA ZOOM\***

\*= Link is provided once online pre-work is completed



This course is **FREE** to individuals and pre-work is required. Space is limited.



To register, email  
**MHFA@regionten.org**  
by May 6th, 2021



**MENTAL  
HEALTH  
FIRST AID®**

## WHAT IS MENTAL HEALTH FIRST AID 2.0?

Mental Health First Aid 2.0 is a virtual offering of the original Mental Health First Aid course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

In Mental Health First Aid 2.0, participants will need to complete a 2-hour, self-paced class online **BEFORE** participating in the 5.5 hour Instructor-led class using videoconferencing technology. Details for this will be provided to registrants the week before the Instructor-led class.

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