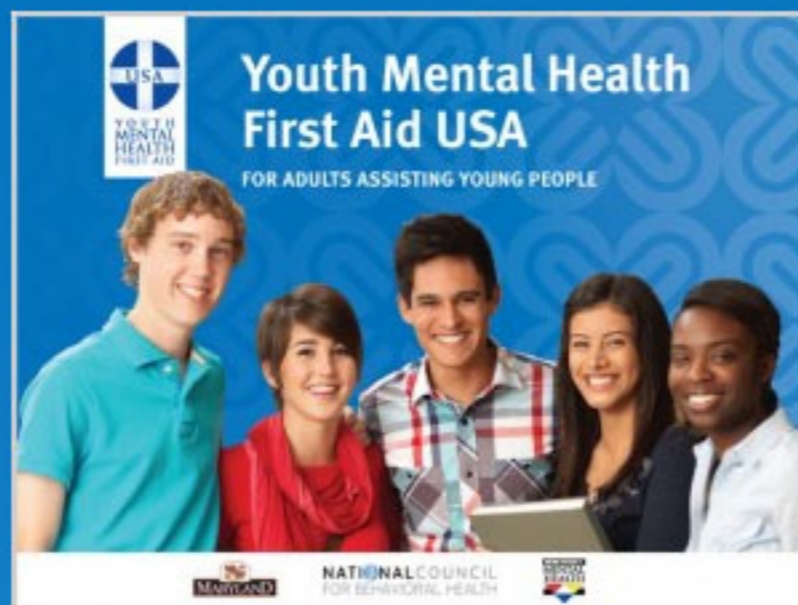




MENTAL
HEALTH
FIRST AID

Youth Mental Health First Aid USA



Sometimes first aid isn't a bandage or CPR or calling 911.

Sometimes, the *First Aid* is YOU!

Youth Mental Health First Aid is designed to help teach parents, teachers, care givers, family members, school staff, neighbors and other caring citizens how to help an adolescent (ages 12-18) who is experiencing a mental health or addictions challenge or is in crisis. This 8-hour certification course has information everyone can use to help young people in crisis and non-crisis

Mental Health First Aid course
-8 hours of instruction (English)

Cost: \$20*

*This includes the cost of the text book, provided to each registered student in the class

If you have questions or want more information about how to schedule or register for a MHFA course contact Dean Bonanno or Charissa Scmidt at Lutheran Community Services Northwest

(541) 323-5330