

Enhancing Youth Mental Health & Wellbeing



Get Certified For FREE

Youth Mental Health First Aid Training teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders in youth.

What You'll Learn:

- How to recognize common signs and symptoms of mental health challenges in youth
- How to respond to a young person experiencing a mental health or substance use crisis
- How to respond to crisis with confidence and care
- How to connect young people to support

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- A – Assess risk of suicide or harm
- L – Listen without judgment
- G – Give reassurance and info
- E – Encourage professional help
- E – Encourage self-help and support

Virtual Youth Mental Health First Aid Training

2 Day Training hosted on:

Tuesday 8/11 & Wednesday 8/12

Registration deadline: 7/24

Participants **must** complete approximately one hour of self-paced online pre-work before the training. You'll have two weeks to complete, making it flexible and easy to fit into your schedule.

**Registration is LIMITED
Sign Up Today!**

**To Register or For More
Information Call/Email Kimberly
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**Erick A Garcia
"You Are Enough" Foundation™**