



# Youth Mental Health First Aid Training



Free course designed for adults who regularly interact with young people ages 10-18

**The course includes a self-paced, two-hour online training followed by a four-hour, interactive remote learning session.**

Content includes:

- Common mental health challenges
- Typical adolescent development
- 5-step action plan for how to help in both crisis and non-crisis situations.

Remote learning sessions, facilitated by  
Danielle Sutherland, will be held:

**Wednesday, February 24, 2021 - 1:00 pm to 5:00 pm**

**Wednesday, March 24, 2021 - 8:30 am to 12:30 pm**

**Register to attend at [losalamosjjab.com/events](https://losalamosjjab.com/events)**

