

Youth Mental Health First Aid



A TRAINING DESIGNED FOR ADULTS TO HELP RECOGNIZE THE SIGNS AND SYMPTOMS OF A YOUTH (10-18) IN A MENTAL HEALTH OR SUBSTANCE USE CRISIS

The free course includes a 2 hour, self-paced online training, followed by a 4.5 hour in-person or virtual training facilitated by Danielle Sutherland. Participants will leave with a better understanding of mental illness, a 5-step action plan, and skills/tools to assist youth.

Upcoming Sessions (participants attend one):

In-Person

Wednesday, September 22
Wednesday, November 3

12:00 - 4:30 pm

Held at LAPS Boardroom
Lunch and snacks provided

Virtual

Friday, October 22
Friday, December 3

8:30 am-1:00 pm

Register at losalamosjjab.com/events

