

# YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is an entry-level training that teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18.



## YOU WILL LEARN:

- Common signs and symptoms of mental health challenges.
- 5-Step action plan to help a youth in crisis and non-crisis situations.
- How to connect a youth to appropriate services and supports.

**JUNE 25, 2024**  
**8:00 AM - 3:30 PM**  
**ARMORY BUILDING**  
**104 SW 4TH AVE**  
**ALBANY, OR**

## WHO SHOULD ATTEND:

Parents • School Staff • Educators •  
Coaches • Youth Group Leaders •  
First Responders • Youth-Serving  
Adults

**Sponsored by Linn County Health Services**

**Registration is required. Certification will be provided.**

**For more information or to register, email  
[prevention@linncountyhealth.org](mailto:prevention@linncountyhealth.org)**