



OUR STUDENTS
NEED US.

Take  YOUTH
MENTAL
HEALTH
FIRST AID.

 USA
YOUTH

FREE Youth Mental Health First Aid
Community Training

 COMMUNITY
HealthCORE
FOUNDATION

The Community Healthcore Foundation invites you to become a Youth Mental Health First Aider!

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Trainings are provided FREE to the community through the Community Healthcore Foundation - Timothy Stewart Memorial for Suicide Prevention and Awareness.

UPCOMING TRAININGS:

Friday, February 24th in Longview:

<https://www.eventbrite.com/e/511015550267>



Friday, April 28th in Marshall:

<https://www.eventbrite.com/e/530518153077>



Friday, March 24th in Texarkana:

<https://www.eventbrite.com/e/530515073867>



Friday, May 19th in Cass County:

<https://www.eventbrite.com/e/530523107897>

