



YOUTH MENTAL HEALTH FIRST AID TRAINING

WHEN

**Part 1 Friday, May 12th &
Part 2 Friday, May 19th
8 am - NOON
Registration at 7:45 am**

MUST ATTEND BOTH SESSIONS

WHERE

**NAMI Fox Valley
211 E. Franklin St. Appleton WI**

A young person you know could be experiencing a mental health challenge or crisis. You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

Sometimes, the best first aid is you. Take the course, save a life, strengthen your community.

This program is funded as a WI DPI project AWARE grant. To register please contact Ann Jadin at NAMI Fox Valley. Call 920-954-1550 or EMAIL ann@namifoxvalley.org.