



MENTAL
HEALTH
FIRST AID

Youth

Mental Health First Aid Training

Youth Mental Health First Aid is an 8 hour training (2 hours completed independently with an on-line learning system) and certification on skills to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring residents how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Not recommended for mental health professionals.

The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders, the effects of the illnesses, an overview of treatments and a five-step action plan for helping.

Virtual Youth Mental Health First Aid Training:

Wednesday and Thursday, February 28th and 29th 9 a.m. - 1 p.m.
(must attend both days)

- *Participants should have cameras on for this interactive training*
- *CEUs are now being offered for attendance*

To Register: <https://www.research.net/r/AlexandriaVA-YMHFA-Registration-February2024>



Department of
Community
and Human Services

For reasonable disability accommodations, contact
maurice.tomdio@alexandriava.gov or 571.384.5244, Virginia Relay 711.