

Youth Mental Health First Aid

Blasco Library: 160 East Front Street Erie PA 16501

Friday, September 5, 2014 from: 8am – 4pm

Registration starts at 7:30AM



Youth Mental Health First Aid

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.

Free

Morning coffee and bagels and Working lunch will be provided

30 seats maximum, reserve your spot early

Reservations: kkoch@eriecountygov.org

Brought to you by: **Erie County Office of Mental Health** &

