

Dates:

April 29, 2019

May 1, 2019

must attend **both sessions in order to receive a certificate.*

Sign-In:

3:00 pm – 3:15 pm

Training:

3:15pm – 7:15 pm

Location:

Otto Kaufman
Community Center
356 Skillman Road
Skillman, N.J.

More information?:

Please contact
Kim Petro-Orlik at:
kim@empowersomerset.com

The image shows the logo for Youth Mental Health First Aid USA, which includes a blue cross with 'USA' inside and the text 'YOUTH MENTAL HEALTH FIRST AID'. Below the logo is a photograph of five diverse young people smiling. To the right of the photo is the title 'Youth Mental Health First Aid USA' and the subtitle 'FOR ADULTS ASSISTING YOUNG PEOPLE'. Below the photo is a smaller version of the logo and a graphic with three icons: a head with a brain (labeled 'KNOW THE SIGNS'), two people at a table (labeled 'LEARN THE ACTIONS'), and a hand holding a lifeline (labeled 'BE A LIFELINE').

Please join the Montgomery Township Health Department, Montgomery-Rocky Hill Municipal Alliance & EmPower Somerset in our YMHFA Training!

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 3-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. Participants must be 18 years or older. *(National Counselor for Behavioral Health)

Please click the link to reserve your seat today!

<http://events.constantcontact.com/register/event?llr=ow5dyciab&oeidk=a07eg8k1iyt95e3975a>

