



YOUTH MENTAL HEALTH FIRST AID TRAINING

(For adults who interact with youth ages 12 -18)

What is Mental Health First Aid?

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc.) until appropriate professional or other help, including peer and family support, can be engaged.

This 8-hour course prepares families, caregivers, teachers, school staff, clergy, 4-H leaders, scout leaders, neighbors, health and human services workers and other caring citizens how to help individuals who may be experiencing a mental health challenge or crisis. This course is delivered by certified Mental Health First Aid USA instructors.

2019 TRAINING DATES:

- Thursday, April 11
- Wednesday, May 29
- Wednesday, June 5
- Thursday, September 19

Please note: Dates are subject to change and there is a minimum of 8 and a maximum of 30; seating is limited per training. If less than 8 are registered, class will be canceled.

Cost: \$25 (includes manual, certification and lunch)

All trainings are from 8:30 am – 5:00 pm at Shiawassee Health & Wellness located at 1555 Industrial Drive, Owosso, MI

YOUTH MENTAL HEALTH FIRST AID TRAINING REGISTRATION FORM

NAME: _____

TITLE: _____

AGENCY: _____

PHONE NO.: _____

EMAIL ADDRESS: _____

PAYMENT \$25: _____

Please complete this form and send with payment to:

Shiawassee Health & Wellness

1555 Industrial Drive, Owosso, Michigan 48867

Registration and payment must be received by SHW 7 days prior to the training.

Questions about Mental Health First Aid? Please contact Penny Corbin at (989) 723-0755 or email at pcorbin@shiabewell.org



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SHIAWASSEE HEALTH & WELLNESS

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