



**PROFESSIONALS GET  
CPR TRAINING. WE  
ALSO NEED MENTAL  
HEALTH FIRST AID  
TRAINING!**

**SIGN UP BY 1/6! SPACE  
IS LIMITED!**



**YOUTH MENTAL HEALTH FIRST AID**

**WHEN: JANUARY 20, 8:30AM- 12:30PM (PART 1)**

**JANUARY 24 8AM- 12PM (PART 2)**

**MUST ATTEND BOTH PARTS TO GET CERTIFICATION**

**THIS WORKSHOP IS PROVIDED FREE  
THROUGH THE ADHS PTSA!**

**WWW.MENTALHEALTHFIRSTAID.ORG**

## **Youth Mental Health First Aid**

**Similar to First Aid and CPR, Mental Health First Aid teaches individuals how to help those experiencing mental health challenges or crises.**

**Training by Rebecca Wheeler Of the Alice Aycock Poe Center for Health Education**

**Mental health challenges- such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. This course teaches 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.**

**For more information on Mental Health First Aid, visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).**

**Location: Athens Drive High School (location tba)**

**Interested? Please register at the following link:**

**[http://bit.ly/ymhfa\\_adhs](http://bit.ly/ymhfa_adhs)**

**Email Tonya Hinton at [tchinton@wcpss.net](mailto:tchinton@wcpss.net) for any questions!**

