



YOUTH MENTAL HEALTH FIRST AID TRAINING

WHEN

**Part 1 Friday, September 16th &
Part 2 Friday, September 23rd
8 am - 12 pm
Registration at 7:45 am**

MUST ATTEND BOTH SESSIONS

WHERE

**NAMI Fox Valley
211 E. Franklin St. Appleton WI**

A young person you know could be experiencing a mental health challenge or crisis. You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

Sometimes, the best first aid is you. Take the course, save a life, strengthen your community.

This program is offered *free* of cost in collaboration with the Project Aware grant.

To register please contact
NAMI Fox Valley at
920– 954-1550.