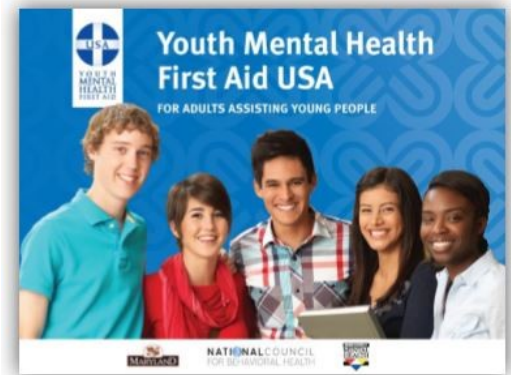


# Youth Mental Health First Aid

***Sometimes first aid isn't a bandage, CPR or calling 911. Sometimes it's YOU.***

***Take a course. Save a life. Strengthen your community. Get certified.***



## What is the course about?

In the two 4.5 hour sessions participants will learn:

- ◆ Risk factors/warning signs of common adolescent mental health challenges
- ◆ Importance of early intervention
- ◆ How to support youth developing signs/symptoms of mental health illness or emotional crisis by applying a *5 step core action plan*:
  - ⇒ Assess for suicide or harm
  - ⇒ Listen non-judgmentally
  - ⇒ Give reassurance and information
  - ⇒ Encourage appropriate professional help
  - ⇒ Encourage self help and other support strategies

## Who should participate?

*Anyone who regularly interacts with young people ages 12 - 18 like:*

Coaches	Teachers
School staff	Parents
Youth workers	Faith leaders
Caring citizens	

**DATES:** Wednesday, March 27th & Thursday, March 28th, 2019  
(must attend both sessions)\*

**TIME:** 9:00AM—1:30 PM

**LOCATION:** First Congregational Church  
Family Life Center  
4 Georgetown Rd., Boxford

*This course will be taught by Northshore Academy staff— Windi Bowditch, LMHC and Robyn Steinberger, SAC.*

*Northshore Academy is a therapeutic day school of the Northshore Education Consortium.*

Register **HERE** by Friday March 15th

Questions? Contact Meredith Shaw at 978.887.6512 or [mshaw@tritowncouncil.org](mailto:mshaw@tritowncouncil.org)

\*Training qualifies for 8 PDP's through Northshore Education Consortium. *Please note: Must attend both sessions to qualify for PDP's and to receive a Youth Mental Health First Aid training certificate.*