



# YOUTH MENTAL HEALTH FIRST AID

for the rural community and those who serve them

## LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

## AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying

**Sign up for a FREE Youth Mental Health First Aid Training at**

<https://wirose.wisc.edu>

## UPCOMING VIRTUAL TRAININGS:

First Aiders will complete a 2-hour, self-paced online class, and then participate in an instructor-led Zoom Meeting. Limited to 30 adults.

Please contact [jenniferpark@wisc.edu](mailto:jenniferpark@wisc.edu) for questions

All trainings start at 9:30am and end at 3:30 PM

- [Jan 24, 2023](#)
- [Feb 3, 2023](#)
- [March 7, 2023](#)
- [March 16, 2023](#)

