



Oregon  
Family Support  
Network



# Youth Mental Health First Aid

*In a mental health crisis, the best first aid may be YOU!*



MENTAL  
HEALTH  
FIRST AID



## **Join us for a virtual Youth Mental Health First Aid class.**

The virtual Youth MHFA class comes in 2 parts: the first, is about 2-hours of independent learning, accessed via a link to the national website. After completing the independent work, join us for a 6-hour live (online) class.

**You cannot access the live class unless you have completed the individual learning portion of the course.**

**Did you know, the onset for 50% of adult mental health disorders occurs by age 14, and for 75% of adults by age 24.**

**In this course, you will learn:**

- ⇒ **Common mental health challenges for youth, differentiating between typical adolescent development and potential mental health issues. Interactive activities help you learn signs and symptoms of various mental health problems including: anxiety, depression, substance abuse, self-harm, and suicidal thoughts/actions.**
- ⇒ **A 5-step action plan to help a youth in crisis.**
- ⇒ **Resources available to help a youth with a mental health problem.**

**Date: Sept 22<sup>nd</sup>, 2021**

**Time: 9:00 am — 3:00 pm**

**Location: Online**

**Cost: Free**

**Registration is Required.  
To register, please follow  
the link below:**

**<https://conta.cc/2VGoGnC>**