



MENTAL
HEALTH
FIRST AID

Project AWARE Now Offering!

Youth Mental Health First Aid Training

Training & Treatment Innovations, Inc.
in partnership with Kevin's Song

More often, the type of first aid our **youth** need isn't a **bandage**, or **CPR**, or the **Heimlich**, or calling **911**.

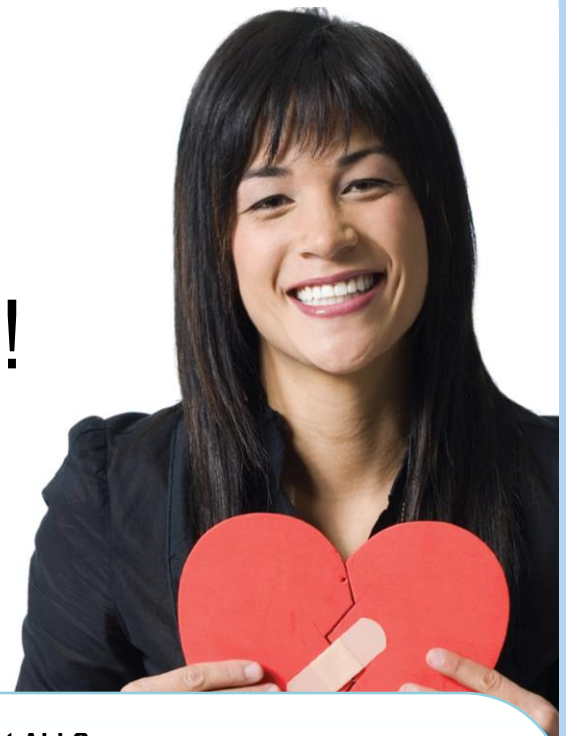
Sometimes, first aid is **YOU!**

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. Participants will be required to submit monthly referral data.



Youth Mental Health First Aid Course

These are free trainings funded through the Michigan Department of Education's Project AWARE grant from SAMHSA.

Saturday September 21, 2019 from 9:00 am to 5:00 pm

Training begins at 9:00 am

Please wear comfortable attire. Space is limited to 30 people

Location: Ewald Grosse Pointe Library
15175 E. Jefferson Ave.
Grosse Pointe Woods, MI, 48236

Please register via email or calling: Dolores Carter @ TTI
248-524-8801
dcarter@ttiinc.org

