



# YOUTH MENTAL HEALTH FIRST AID TRAINING

(For adults who interact with youth ages 12 -18)

## What is Mental Health First Aid?

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc.) until appropriate professional or other help, including peer and family support, can be engaged.

This 8-hour course prepares members of the community (family, school staff, clergy, 4-H Leaders, Girl/Boy Scout Leaders and more) to provide Mental Health First Aid to those in need. This course is delivered by a certified Mental Health First Aid USA instructor.



**April 12, 2018      8:30 a.m. – 5:00 p.m.**

**Where:**      Shiawassee Health & Wellness

1555 Industrial Drive, Owosso, MI 48867

**Cost:**      \$25 includes manual, certification and lunch

**Space is limited – Register early!**

NAME: \_\_\_\_\_

TITLE: \_\_\_\_\_

AGENCY: \_\_\_\_\_

PHONE NO.: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PAYMENT \$25: \_\_\_\_\_

*Please complete this form and send with payment to:*

*Shiawassee Health & Wellness*

*1555 Industrial Drive, Owosso, Michigan 48867*

*Registration and payment must be received by SHW prior to April 10, 2018.*

*Questions about Mental Health First Aid? Please contact Penny Corbin at  
(989) 723-0755 or email at [pcorbin@shiabewell.org](mailto:pcorbin@shiabewell.org)*



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