

A youth you know could be experiencing a mental illness or crisis.

You can learn to help them.



Mental Health First Aid Youth Classes are available virtually from 12:30-5:00 on the following dates. The classes are free, but preregistration and prework are required. Registration must be completed two weeks prior to class date. To register, visit www.chesterfield.gov/889. For more information contact Rebecca Lint at campbellr@chesterfield.gov or 717-6635

January 13th
February 10th
March 10th
April 7th
May 12th
June 9th

Mental Health First Aid Youth teaches a 5-step action plan to offer initial help to young people with the signs and symptoms of a mental illness or in crisis, and connect them with the appropriate professional, peer, social or self help care.

