

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

*You can learn to help them.*



Mental Health First Aid Youth Classes for adults aged 18 and over are available virtually on the following dates. Classes run from 9:00-2:30. 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](http://www.chesterfield.gov/889). For more information contact Ginger Dotter at 804-768-7747 or [dotterg@chesterfield.gov](mailto:dotterg@chesterfield.gov)

April 7th  
June 2nd  
August 4th

Mental Health First Aid Youth teaches adults aged 18 and over 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.



This course, valued at \$170 per learner, is available at no charge to learners due to funding provided by Virginia Department of Behavioral Health & Developmental Services.

