

# Mental Health First Aid for adults who care for youth

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

## Participants will learn:

- The risk factors for mental illness
- The impact of mental illness on a person's life
- The signs & symptoms of common mental illnesses
- The 5-step action plan to support someone developing signs & symptoms of a mental illness
- Concrete wellness strategies
- About available community supports



Mental Health First Aid for adults who care for or work with youth highlights the **unique experiences and needs of young people** and the challenges and strategies to help them.

## Join our next class:

**Date:** Thursday, February 24, 2022

**Time** 9:00 a.m. - 4:30 p.m.

**Location:** Virtual (Zoom)

\*Link will be sent out prior to beginning of class

## Register by February 18th

Email: Laura Robertson at  
larobertson@hanovercounty.gov

Please include your:  
Name, Address, Telephone number  
and Email Address