

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. For more information contact Ginger Dotter at 804-768-7747 or dotterg@chesterfield.gov

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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.

