

Youth Mental Health First Aid



Thursday, February 1, 9am-3pm
137 Norwich Road, Suite 105, Plainfield

YMHFA teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build the skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.



Step 1:

Self-paced, online class,
approximately 2 hours, completion
required before step 2.

Step 2:

In-person, Instructor-led class,
6 hours, breaks are included

Use the QR code
to register



Questions?

Contact Deborah Walker at dwalker@seracct.org