

# Youth Mental Health First Aid

**Date:** Wednesday December 12, 2018

**Time:** 8:30 am- 4:30pm

**Place:** Delaware County Intermediate Unit  
200 Yale Avenue  
Morton, PA 19070  
\*Check monitors for room number\*

**Register: Email Only to Christina Gordon at [GordonC@delcohsa.org](mailto:GordonC@delcohsa.org)**

## Training overview:

- Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.
- Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who are experiencing a mental health, addictions challenge or is in crisis.
- The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.
- This is an interactive workshop, so please come prepared to participate!

## Resources Shared:

Delaware County Child and Adolescent Behavioral Health Directory  
Delaware County Crisis Connections Brochure  
Delaware County Warm Line Brochure

