Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. The National Council for Behavioral Health provides Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. This training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

Participant audience: All parents and caregivers of students in our district
Training Dates: Monday April 24, 2017 & Monday May 1, 2017
Training Times: 4pm-8pm
Training Site: Oak Middle School Media Center, Shrewsbury, MA

**Please note that you must be present for BOTH dates of the training in order to be certified.

Learning Objectives for 8-hour Youth Mental Health First Aid course
Youth Mental Health First Aid is designed to give members of the public key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis.
Youth Mental Health First Aid certification teaches participants to:

- Recognize the potential risk factors and warning signs of mental health challenges common among adolescents, including: depression, anxiety, psychosis, eating disorders, ADD/ADHD, disruptive behavioral disorders, and substance use disorders.
- Use a 5-step action plan to help a young person in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in youth within the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help a young person with a mental health problem treat/manage the problem to achieve recovery.
- Assess their own views and feelings about youth mental health problems and disorders.

What previous participants have said about this course:

"Excellent! This is very important given the students that we have in district. Excellent resources, activities, conversations, and sharing!"

"This is teaching us to deal with a very difficult subject that is becoming much more prevalent in our world."

"The concepts were very interesting, informative, and applicable. There were lots of opportunities to practice with "real life" situations. The activities made it easier to understand the material."

Register here for this course: https://goo.gl/forms/MH1b6HkBpKWQVYcW2