



Learn the Signs.....Save a Life!

This is normal adolescence.



This is mental illness.



CAN YOU TELL THE DIFFERENCE?

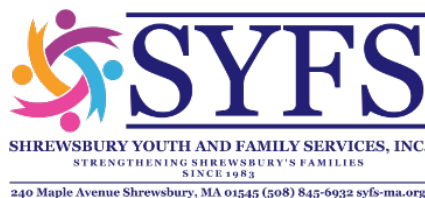
This free 8-hour course teaches adults who interact with adolescents the unique risk factors and warning signs of common mental health problems in adolescents including anxiety, depression, psychosis, eating disorders, substance use disorder, and disruptive behavior disorder and gain an understanding of the importance of early intervention. As certified Youth Mental Health First Aiders, adults will possess a strong awareness of the mental health challenges facing youth in our community and greater confidence in their ability to approach and assist young people developing signs of a mental health challenge, substance use or an emotional crisis.

**Northborough Public Library
34 Main Street
Northborough, MA 01532**

June 6th and June 13th 9:30 AM – 1:30 PM

Register at syfs-ma.org

Full 8-hour attendance is required for certification.



Questions? Please contact Christine Mowry at Shrewsbury Youth and Family Services
508-845-6932 cmowrysyfs@gmail.com