



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 disorders. Participants will gain an understanding of the importance of early intervention and learn how to support an adolescent in crisis or developing signs of a mental health challenge by applying a core five-step action plan.

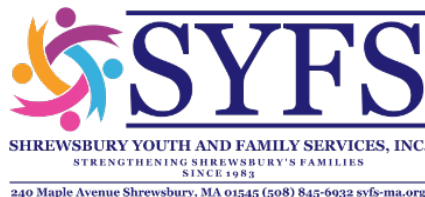
**First Congregational Church Shrewsbury
19 Church Road Shrewsbury, MA 01545**

**Session 1: May 4th and May 11th, 9:30 AM – 1:30 PM
or**

Session 2: May 2nd, May 9th and May 16th, 6:30 PM – 9:00 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