



MENTAL  
HEALTH  
FIRST AID

Youth

# Mental Health First Aid Training

**Youth Mental Health First Aid** is a 6.5 hour training (2 hours completed independently with an on-line learning system) and certification on skills to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring residents how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Not recommended for mental health professionals.

The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders, the effects of the illnesses, an overview of treatments and a five-step action plan for helping.

## **Virtual Youth Mental Health First Aid Training:**

February 1 and 2, 10 a.m. - 1:00 p.m.

\* Participants should have cameras on for this interactive training

**To Register:** <http://survey.alexandriava.gov/s3/MHFARegistration>



Department of  
Community  
and Human Services

The City of Alexandria is committed to compliance with the Americans with Disability Act, as amended. To request a reasonable accommodation or an alternative format, e-mail [maurice.tomdio@alexandriava.gov](mailto:maurice.tomdio@alexandriava.gov) or call 703.384.5244.