

YOUTH

MENTAL HEALTH FIRST AID TRAINING

CEU
HOURS
AVAILABLE

Youth Mental Health First Aid is a free eight-hour training and certification on skills to teach family members, caregivers, school staff, peers, neighbors, health and human services professionals and other caring residents how to help an adolescent (age 12-18) experiencing a mental health or addiction challenge or 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 until professional help is available.



Thursday, May 28



9 a.m. to 5 p.m.



4850 Mark Center Drive
Conf Rm TBD



SCAN TO
REGISTER

For questions or reasonable disability accommodations, contact temi.aregbesola@alexandriava.gov, 703.967.6597, or Virginia Relay 711.

SEATS ARE LIMITED!



MENTAL
HEALTH
FIRST AID



DEPARTMENT OF
COMMUNITY &
HUMAN SERVICES

5/7/2026