

## **Youth MHFA**

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with youth. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Click here to find upcoming Trainings.

Fees: Free of charge to those living in Calhoun, Clinton, Eaton, Genesee, Ingham, Kalamazoo, Kent, Macomb, Muskegon, Oakland, and Wayne counties.

\*If you currently fall outside of the MDCH Grant catchment area please use this link to find a nearby training.