



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

YOUTH MENTAL HEALTH FIRST AID

In-Person 3 Year Certification Course

Youth Mental Health First Aid is a 7-hour training to teach you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**Target Audience: Parents, Teachers, Social Workers, Youth Ministry-
Adults who work with youth**

WHEN: THURSDAY, OCTOBER 8, 2026

TIME: 9:00 AM - 4:00 PM

VIRTUAL

REGISTER IN ADVANCE FOR THIS TRAINING AT LINK OR QR CODE BELOW

[HTTPS://WWW.SURVEYMONKEY.COM/R/5ZVZSXX](https://www.surveymonkey.com/r/5ZVZSXX)

REGISTRATION DEADLINE

THURSDAY, OCTOBER 1, 2026

CLASS WILL CLOSE WHEN FULL

THE TRAINING IS FREE AND WILL PROVIDE ALL TRAINING MATERIALS.

**FOR QUESTIONS OR CONCERNS PLEASE CONTACT:
AVA DEAN @ DEANA@HOTLIFELINE.ORG**

Sponsored by

HOLD OUT THE LIFELINE

