

MENTAL HEALTH FIRST AID TRAINING



MENTAL
HEALTH
FIRST AID®

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health crisis or an addiction challenge.

WHY IT MATTERS

- Because sometimes people don't know how to ask for help!
- Because there is a suicide every 12.8 minutes.
- Because we can all be more aware and better informed.

Facilitator: Richard Amaral,
Intercommunity Inc.

Date: August 6, 2018,
Time: 9:00 AM– 4:00 PM

Location: AHM Youth and Family Services
25 Pendleton Drive, Hebron

Register by calling AHM @
860-228-9488 or by emailing michelleh@ahmyouth.org

**Fee: \$35 includes
book and lunch**



AHM YOUTH AND FAMILY SERVICES
25 Pendleton Drive, Hebron, CT 06248
860-228-9488 | www.ahmyouth.org

**This training is brought to
you by AHM, the Community
Mental Health Fund, and
Gilead Congregational
Church**