

Youth Mental Health First Aid Training

Mental Health First Aid is a public education program that introduces caring citizens to risk factors and warning signs of mental health or addiction, builds understanding of their impact, and overviews common supports for adolescents.

This training is brought to you by the Community Mental Health Fund, Gilead Congregational Church and AHM Youth and Family Services.

TRAINING DATES

Tuesday, May 22 &
Wednesday, May 23

Time: 9:00 AM-2:00 PM

Facilitated by: Rich Amaral
from InterCommunity

Location: AHM Youth and
Family Services
25 Pendleton Drive
Hebron, CT 06248

This program is intended for parents, youth, caregivers, family members, teachers, support staff and all caring citizens.

**** Attendance at both days is required****

**COST: \$25 for training
includes book**

Lunch will be provided

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
MORE INFORMED.**



**KNOW
THE SIGNS**



**LEARN THE
ACTIONS**



**BE A
LIFELINE**



**Call Michelle Hamilton at
(860) 228-9488 to Register**

