

Youth Mental Health First Aid

Hosted by:
The Health District of Northern Larimer County
and
Connections Mental Health and Substance Abuse Resources

Training date options:
Thursday, September 28th
Tuesday, November 7th

8:00am—5:00pm

Health District of Northern
Larimer County
120 Bristlecone Drive
Fort Collins, CO 80524

Cost: Free
Snacks Provided

WHAT IS MENTAL HEALTH FIRST AID??

MHFA is an 8-hour course that gives people the skills to recognize warning signs for mental health or substance use problems, and the tools to help someone who may be developing a mental health related problem or experiencing a mental health crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people, such as parents, family members, caregivers, teachers, school staff, coaches, peers, neighbors, health and human services workers, and other community providers. 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, and disruptive behavior disorders (including ADHD).

Space is limited. For more information or to RSVP, please contact Emily Leetham at (970) 494-4370 or eleetham@healthdistrict.org.

Please specify which training you would like to attend.

These trainings will be offered monthly. If you are unable to attend the trainings listed above but would like to attend in the future, please contact Emily Leetham.

To learn more about Mental Health First Aid, visit www.mentalhealthfirstaid.org.