



December 5, 2023

9:30am-2:30pm

Register by 12/1/2023

# Youth Mental Health First Aid

Youth Mental Health First Aid is a nationally recognized program designed to teach adults ages 18 and over how to recognize the signs of emotional struggles, substance use challenges, and stress-related issues, and how to help an adolescent (age 12-18).

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Learn self-care skills so they can stay well.



**Online course format**

**2 hours self-pace**

**4.5 hours instructor-led**



844-9-imWell  
imWell.network



Need Help?

**Questions?** Email: [ymhfa@imwell.network](mailto:y mhfa@imwell.network)

**Lead instructor** Toshiba Rice

**Register** [www.imwell.network/events](http://www.imwell.network/events)

## Keep It 100!

Part of proceeds will support

**Team Truth 919 & Katch the Kite a 501 (c)(3)**

