



Free Youth Mental Health First Aid Training Online via Zoom



[Sign up here!](#)

Youth Mental Health First Aid (YMHFA) is a training program which teaches participants about the warning signs of mental illness and how to effectively respond to youth in such situations. **If you are an Asian American parent of a child between the ages of 8-20, we invite you to participate in a free one-day training (originally priced at \$150).**

Upcoming Trainings (via Zoom from 10 am to 4 pm EST):

Saturday, November 6, 2021

Saturday, December 11, 2021

**RSVP needed by October 15, 2021*

1 in 5 teens & young adults have a mental health condition

18.9% of Asian American high school students report considering suicide

You will receive **\$20-30** for completing surveys about the training.
Your child will receive **\$15** for completing surveys.



This project is being conducted by Dr. Cixin Wang, PhD, Associate Professor at the University of Maryland, College Park, and Mazneen Havewala, MA, and Diksha Bali, MA, who are doctoral students in School Psychology at the University of Maryland, College Park, USA. All members of the research team have extensive experience working with children and families. Read more about their work [here](#).

*This project is funded by a doctoral grant awarded to Mazneen Havewala by the National Council of Mental Wellbeing.



You will learn to:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies



If you are interested/want more information, please email:

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