

Youth Mental Health First Aid

FREE Skills-Based Certification Training



LEARN HOW TO:

- **Recognize signs & symptoms** of mental health and substance use challenges in adolescents
- **Respond to & support** adolescents facing mental health and substance use challenges
- **Intervene & de-escalate** mental health crisis situations
 - *including suicide prevention/intervention, psychosis intervention, & overdose response*
- **Understand** impacts of trauma and bullying on youth/teen mental health and development
- **Connect** youth and teens in need to appropriate mental health supports
 - *including resources for Maine mental healthcare options & services*
- **Develop & practice** self-care habits (better support yourself to better support others!)



For More Info

Connect with our training team!

Questions?
Interested in bringing Youth MHFA Training to your group?
Reach out to our Training Coordinator:

- Training@Sweetser.org
- Sweetser.org/FreeMentalHealthTraining

What is Youth Mental Health First Aid?

- Evidence-based, non-clinical mental health awareness & crisis intervention training for general adult audiences
- Developed by the National Council for Mental Wellbeing (NCMW), supported by the Substance Abuse & Mental Health Services Administration (SAMHSA), taught by Certified Youth MHFA Instructors from Sweetser
- Grants 3-year *Youth Mental Health First Aider* certification through NCMW, presented by Sweetser

Training Details

- **8-hour** total course time
- **5 to 25 participants** per training session
- Available **fully in-person** – 8hr instructed at your facility
blended – 2hr online self-guided + 6hr instructed at your facility
OR **virtual** – 2hr online self-guided + 6hr instructed via webinar

Mental Health Awareness Trainings brought to you by Sweetser

FREE for all who live or work in Maine