

For Adults Assisting Young People



# YOUTH MENTAL HEALTH FIRST AID TRAINING

## WHEN

Tuesday, May 23 & Wednesday, May 24, 2015

9 :00A.M. – 1 :00P.M.

## WHERE

Sunrise Mountain Library

21109 N 98th Avenue, Peoria, AZ 85282

\*\*\*Must attend both days to receive certificate.

Please contact Michelle Springer @ [michelles@mikid.org](mailto:michelles@mikid.org)  
or 480-262-4391 for registration

## Topics Covered

- Anxiety
- Depression
- Substance Use
- Disorders in which psychosis may occur
- Disruptive Behavior Disorder (including AD/HD)

## Contact info

### MIKID

Improves the behavioral health and wellness of children and youth through a family-centered approach

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Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. 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.

