



YOUTH MENTAL HEALTH FIRST AID TRAINING

(For adults who interact with youth ages 12 -18)

What is Mental Health First Aid?

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc.) until appropriate professional or other help, including peer and family support, can be engaged.

This 8-hour course prepares members of the community (family, school staff, clergy, 4-H Leaders, Girl/Boy Scout Leaders and more) to provide Mental Health First Aid to those in need. This course is delivered by a certified Mental Health First Aid USA instructor.



May 17, 2018 8:30 a.m. – 5:00 p.m.

Where: Shiawassee Health & Wellness

1555 Industrial Drive, Owosso, MI 48867

Cost: \$25 includes manual, certification and lunch

Space is limited – Register early!

NAME: _____

TITLE: _____

AGENCY: _____

PHONE NO.: _____

EMAIL ADDRESS: _____

PAYMENT \$25: _____

*Please complete this form and send with payment to:
Shiawassee Health & Wellness*

1555 Industrial Drive, Owosso, Michigan 48867

Registration and payment must be received by SHW prior to May 7, 2018.

*Questions about Mental Health First Aid? Please contact Penny Corbin at
(989) 723-0755 or email at pcorbin@shiabewell.org*



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