



YOUTH Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Sept.
15

2022/2023
Dates

\$170
Value at
NO COST
to you!

Oct.
13

Feb. ('23)
16

May ('23)
18

[Click here to register](#) or scan
the QR Code below. Type
"YMHFA" in the Search Term
field to find upcoming dates.



Nov.
17

March '23
16

July ('23)
13

Jan.('23)
12

April ('23)
13

**TAKE A COURSE.
SAVE A LIFE.**

#BeTheDifference

Training will be held at the

WIU

(102 Equity Drive, Greensburg)

8:00am-4:00 pm

(Must attend 8 hrs. to receive certification)

* Training includes a manual and lunch is provided*

Questions?

Contact **Marissa Rega**
at mrega@wiu7.org

Youth Mental Health First Aid is a comprehensive training specifically designed to equip educators, family members, and caregivers (18 years or older) with the skills and knowledge to identify, understand, and respond to the signs or risk factors of mental health concerns in youth. Just as CPR helps you assist an individual having a heart attack, **Youth Mental Health First Aid** helps you assist someone experiencing a mental health or substance use-related crisis.