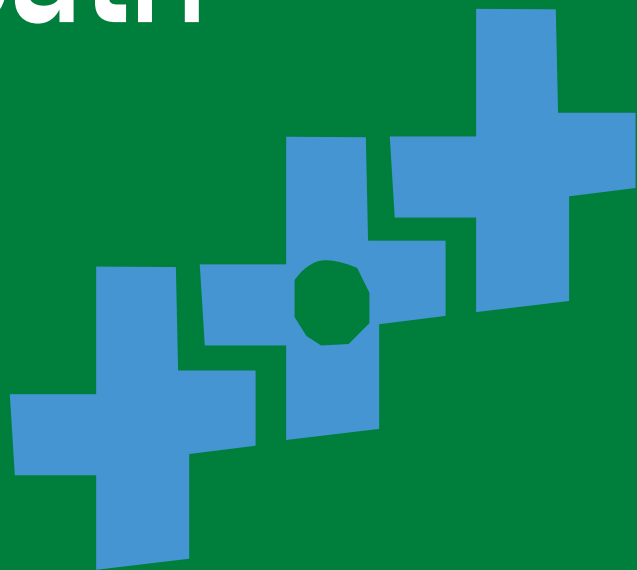


# Community Youth Mental Health First Aid

Identify.  
Understand.  
Respond.



## What?

Internationally recognized, evidence-based training course for adults who work with teens.

## Why?

Provides adults who work with teens a deeper understanding and action plan to respond to:

- Common signs and symptoms of mental health challenges and substance abuse
- Children in crisis and trauma
- Connect a person to help

## How?

Josselyn provides on-site or virtual trainings for any school and/or students

## Partner with Josselyn

- Receive MHFA action plan
- Create administration buy-in
- Identify student leaders

## FREE Training

- 2 hours of prework\*
- 4.5 hours of in-person training
- Prework sent 2 days after registering

## Free bagel breakfast

Bring your own lunch  
or visit one of the many  
restaurants nearby

Questions? Contact  
[jmersino@josselyn.org](mailto:jmersino@josselyn.org)

**FREE Training**  
**Friday, January 30**  
**9 am - 3 pm**

**College of Lake County**  
**Lakeshore Campus**  
**34 N. Sheridan Road**  
**Room S116**  
**Waukegan, IL**

Scan the  
QR code  
to register



**MENTAL  
HEALTH  
FIRST AID™**  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



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Mental health for all.