

# 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 training for any school staff 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 Training

**Thursday, March 12  
9 am - 2:30 pm**

**Gorton Center  
400 East Illinois Road  
Stuart Room  
Lake Forest, IL 60045**

**Questions? Contact  
mhfa@josselyn.org**

**To Register:  
Scan the QR code**



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



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**Mental health for all.**