

Did You Know. . .

*More than 1 in 5 teens experiences a mental health disorder or that,
By age 11, those with anxiety experience their first symptoms?*

You could be the help someone needs - get trained!

Youth Mental Health First Aid

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

South Shore Mental Health is offering **free** Youth Mental Health First Aid training for those living or working with teens: parents, paraprofessionals, community leaders... **recently certified, Michelle Obama and Dr. Oz.**

3 Part Series

Attendance is **REQUIRED** at all three for Mental Health First Aid Certification

Monday, March 28th, April 4th and April 11th

6-8:30pm

South Shore Mental Health

500 Victory Road
North Quincy, 02171

To register: Call or email Lisa Lloyd at 617.847.1955 or llloyd@ssmh.org