



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

WHEN: Thursday, Sept. 18
9:00 AM - 5:00 PM

WHERE: 290 Highland Terrace
Mexico, ME

Register Today!

YOUTH MENTAL HEALTH FIRST AID Med-Care Ambulance Training

brought to
you by:



NAMI | **Maine**

National Alliance on Mental Illness



TOPICS TO BE COVERED

- Risk Factors & Warning Signs
- Impact of Mental Health on Youth
- Tips for Having Supportive Conversations & More!

MENTAL HEALTH FIRST AID is a national best-practice, evidence-based certification course that is 8 hours in length. Youth Mental Health First Aid leads to a 3-year certification issued by the National Council for Mental Wellbeing.

QUESTIONS?

Call Lily Barter, Manager of Youth Education, at (800) 464-5767 x 2308 or reach out via the options below...

Register

