

2025 - 2026

Youth Mental Health First Aid Trainings



WHEN: 8 a.m. - 3 p.m.

- Friday, September 26, 2025
- Friday, October 24, 2025
- Wednesday, November 19, 2025
- Tuesday, January 20, 2026
- Friday, February 13, 2026
- Friday, March 13, 2026
- Wednesday, April 15, 2026

WHERE: Virtually via Zoom

WHO: Any school personnel assisting students

ACTION: Register via [MIDAS course ID #65691](#)



Why Youth Mental Health First Aid (YMHFA)?

It teaches how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

What this training entails:

- Common signs and symptoms of substance abuse and mental health challenges in this age group
- How to interact with a child or adolescent in crisis
- How to connect youth with needed assistance
- Two hours of pre-course work on the YMHFA website



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