

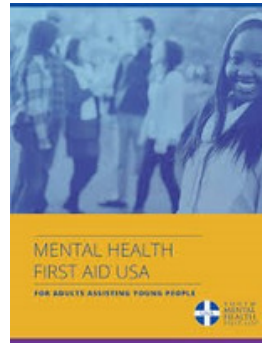
FREE Youth Mental Health First Aid Certification Training
Date:
Sat May 18, 2019

Sign-In:
8:00 AM - 8:30 AM

Training:
8:30 AM – 5:30 PM

Location:
Somerville High School
222 Davenport Street
Somerville, NJ 08876

More information?:
Please contact
Kim Petro-Orlik at:
kim@empowersomerset.com
908-367-4740



Please join the Somerville School District & EmPOWER Somerset in our Youth Mental Health First Aid Training!

Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 3-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

*(National Counselor for Behavioral Health)



SOMERVILLE PUBLIC
SCHOOL DISTRICT

Please click the link to reserve your seat today!

<https://tinyurl.com/SomeDist>