

Get trained in Youth Mental Health First Aid!

*Project Arlington Mental Health Initiative (AMHI) is offering **FREE** Youth Mental Health First Aid Training to any interested community member or organization in Arlington!*



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

What is Youth Mental Health First Aid (YMHFA)?

An evidence- and skills-based training for adults who frequently interact with youth. YMHFA is the help offered to a young person experiencing a mental health or substance use challenge.

What will I learn?

- Common signs and symptoms of mental health and substance use challenges in adolescents
- 5-step action plan to recognize and respond to youth in crisis and non-crisis situations
- How to refer a youth to the appropriate professional support and services

Increase your mental health literacy, become more confident when helping a young person in distress, and act as a valuable link to early intervention!

Trainings can be offered in person or virtually

Scan the QR code or
click [here](#) to learn
more about bringing
YMHFA to your
organization.



Questions?

Contact Julia Vitagliano, Mental Health Initiative Grant Program Manager, at jvitagliano@arlington.k12.ma.us

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