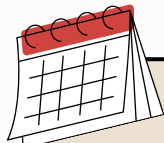


Opportunity to attend Youth Mental Health First Aid Training

FREE training for any adult (18+) connected to Arlington - parents, caregivers, community members are all welcome!



Upcoming in person trainings

Trainings are full-day (9am-5pm) and located at Arlington High School (unless noted otherwise). Participants only need to attend one of the following sessions to be fully certified.

- **May 23 & May 30** *8am-12pm at Arlington Youth Counseling Center
- **Wednesday, June 26th**
- **Thursday, June 27th**
- **Tuesday, July 23rd**
- **Wednesday, July 24th**
- **Tuesday, August 13th**
- **Wednesday, August 14th**



Register TODAY!

What is Youth Mental Health First Aid (YMHFA)?

An evidence- and skills-based training that teaches adults how to identify, understand, and respond 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
- Language and skills to talk to youth about suicide
- 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 services

"Because I participated in this training, I now feel confident asking if someone is thinking of killing themselves"

- Arlington community member

"I have applied some [YMHFA] approaches to my 9 year old son - identifying what are normal 9 year old behaviors versus what might be concerning."

- parent

Contact Julia Vitagliano, Grant Program Manager, at jvitagliano@arlington.k12.ma.us if you have any questions or want more information on YMHFA.

Thanks to the Mental Health Awareness Training grant from the Substance Abuse and Mental Health Services Administration, this course, originally valued at \$170 per participant, is being offered at no cost to learners.