



**2 STAND-ALONE  
EVENTS**

# YOUTH MENTAL HEALTH FIRST AID *VIRTUAL*



## WHAT IT COVERS

- Common signs and symptoms of mental illnesses in transition aged youth (ages 12 - 21)
  - Anxiety
  - Depression
  - Eating Disorders
  - Attention Deficit Hyperactivity Disorder (ADHD)
- Common signs and symptoms of substance abuse
- How to interact with an adolescent in crisis
- How to connect the adolescent with help

## SESSION NOTES:

- 1.5 hours **self-paced pre-study** required to be completed two days prior to the formal training date
- Audio and Video technology required
- 20 participants per class limit
- Each participant will receive a certificate of attendance, digital manual, mental health resources and support



### DATES:

December 18, 2020  
April 30, 2021

### REGISTRATION DEADLINES:

November 18, 2020 for  
December 18 Session

March 30, 2021 for  
April 30 Session



### TIME:

8:30 am - 3:30 pm  
with breaks



### COST:

Free



### REGISTRATION:

[www.moesc.net/register](http://www.moesc.net/register)