



MENTAL
HEALTH
FIRST AID®

Youth Mental Health First Aid Training

**Help an adolescent who is experiencing
a mental health or addictions challenge or is in crisis**

Wednesday, February 24th

AND

Wednesday, March 2nd

4:30pm – 8:30pm

Room 473, Newton North High School, 457 Walnut Street

The course

- introduces common mental health challenges for youth
- reviews typical adolescent development, and
- teaches a 5-step action plan for how to help a young person.

*For those who have had QPR Training, YMHFA is a more in depth and broad training.
Both are valuable and complementary.*

Space is limited and Registration is required

Please use this link to confirm that you will be attending:

<https://www.surveymonkey.com/r/DLR57KG>



Social and Emotional Learning
Newton Public Schools

Sponsored by Newton Public Schools,
Newton North PTO & Newton South PTO

For more information:
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