

DUNKIRK CITY SCHOOL DISTRICT
PARENTS and GUARDIANS ARE INVITED....

Youth Mental Health First Aid Trainings

Youth Mental Health First Aid is designed to teach parents/guardians, 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 5-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.

When: Four, 2-Hour Sessions from 5:45-7:45 p.m.:

Monday, August 8

Wednesday, August 10

Monday, August 15

Wednesday, August 17

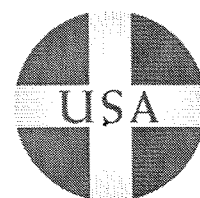
Light refreshments will be served.

Those who complete the training will be entered into raffle drawings on August 17.

Training is FREE for all participants.

Registration: To register, or for more information and/or questions, please contact Karan Foti at 363-3735.

Participants MUST register by Wednesday, August 3.



**MENTAL
HEALTH
FIRST AID®**