

# Youth Mental Health First Aid Training

Youth Mental Health First Aid is an entry-level training that teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18.



## You will learn:

- Common signs and symptoms of mental health challenges.
- 5-Step action plan to help a youth in crisis and non-crisis situations.
- How to connect a youth to appropriate services and supports.

**May 6, 2025**  
**8:00 am - 3:30 PM**  
**Linn County**  
**Armory Building**  
**104 SW 4th Ave**  
**Albany, Oregon**

## Who should attend:

Parents • School Staff • Educators  
Coaches • Youth Group Leaders  
First Responders • Youth-Serving  
Adults

Sponsored by Linn County Health Services at no cost to you.  
Registration is required. Certification will be provided.

**For more information or to register:**  
**[linntogether.org/community-training](https://linntogether.org/community-training)**