

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.

**September 23, 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