

# YOUTH MENTAL HEALTH FIRST AID TRAINING

Youth Mental Health First Aid is an entry-level class 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 support

**September 22, 2026, 8:00 am - 3:30 pm**  
**Linn County Armory Building**  
**104 SW 4<sup>th</sup> Avenue, Albany, Oregon**

## **Who should attend:**

Parents • School Staff • Educators • Mentors • Camp Counselors  
Youth Group Leaders • Pediatric Health Care Staff • Grandparents  
Youth-Serving Organization Staff • First Responders • Coaches

Sponsored by Linn County Health Services at no cost to you. This training is open to individuals ages 18 and older. Registration is required. For more information or to register:

**[linntogether.org/training/mhfa](https://linntogether.org/training/mhfa)**