

YOUTH MENTAL HEALTH FIRST AID



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How would you help a young person who is having a hard time?

How can adults help youth facing mental health difficulties? Learn skills that help you support struggling youth ages 12-18.

TOPICS: Symptoms of mental illnesses such as anxiety, depression, eating disorders, ADHD, signs of substance use, bullying, trauma, care resources.

WHO IS IT FOR? Any concerned adult, youth group leaders, parents, teachers, coaches, camp counselors.

Feb 29, 2024 | 9am—4pm CT

Complete a two-hour, self-paced online course before the in-person session at Henderson County Health Department, 208 W Elm St, Gladstone, IL 61437. Lunch will be provided.

Contact Information

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If you need a reasonable accommodation to participate in this program, please 309-685-3140. Early requests are strongly encouraged to allow sufficient time to meet your access needs.



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