

# YOUTH MENTAL HEALTH FIRST AID



## 3 Session Options Available

- Nov 30 & Dec 7, 2022 | 6-8:30pm (participants attend both evenings)
- Monday, Dec 5, 2022 | 9am-3pm
- Wednesday, Jan 11, 2023 | 9am-3pm

## 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.

## Virtual Training

Complete a two-hour, self-paced online course, before joining a live videoconference.

## Sign Up

Register for free online at [go.illinois.edu/YMHFA](https://go.illinois.edu/YMHFA)

## Contact Information

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*If you need a reasonable accommodation to participate in this program, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your access needs.*



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College of Agricultural, Consumer and Environmental Sciences. University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. This workshop is offered as part of the [North Central Farm and Ranch Stress Assistance Center](#), funded by USDA NIFA (2020-70028-32728).