



# FREE VIRTUAL YOUTH MENTAL HEALTH FIRST AID COURSE

(This course is for adults 18+ years old who have contact with youth.)

Children face many stressors including bullying and peer pressure to vape or consume other substances. Understand how to help your children or youth who are experiencing challenges or addictions by learning typical adolescent development and a 5-step action plan for how to help young people in both crisis and non-crisis situations.

**\*This course includes a 2-hour online portion to be completed independently by April 8th as well as an instructor-led portion that will be hosted on Zoom on April 17th.\***

**April 17th  
9 a.m. to 3 p.m.**

**To register please go to:**  
<https://tinyurl.com/ManvilleYMHFA>

**(registration closes on April 2nd)**

Topics Covered Include:

- Anxiety
- Depression
- Eating Disorders
- Substance Abuse
- Disorders in which psychosis may occur
- Disruptive behavior disorders (including AD/HD)



**For more information  
please contact  
[kim@empowersomerset.com](mailto:kim@empowersomerset.com)**