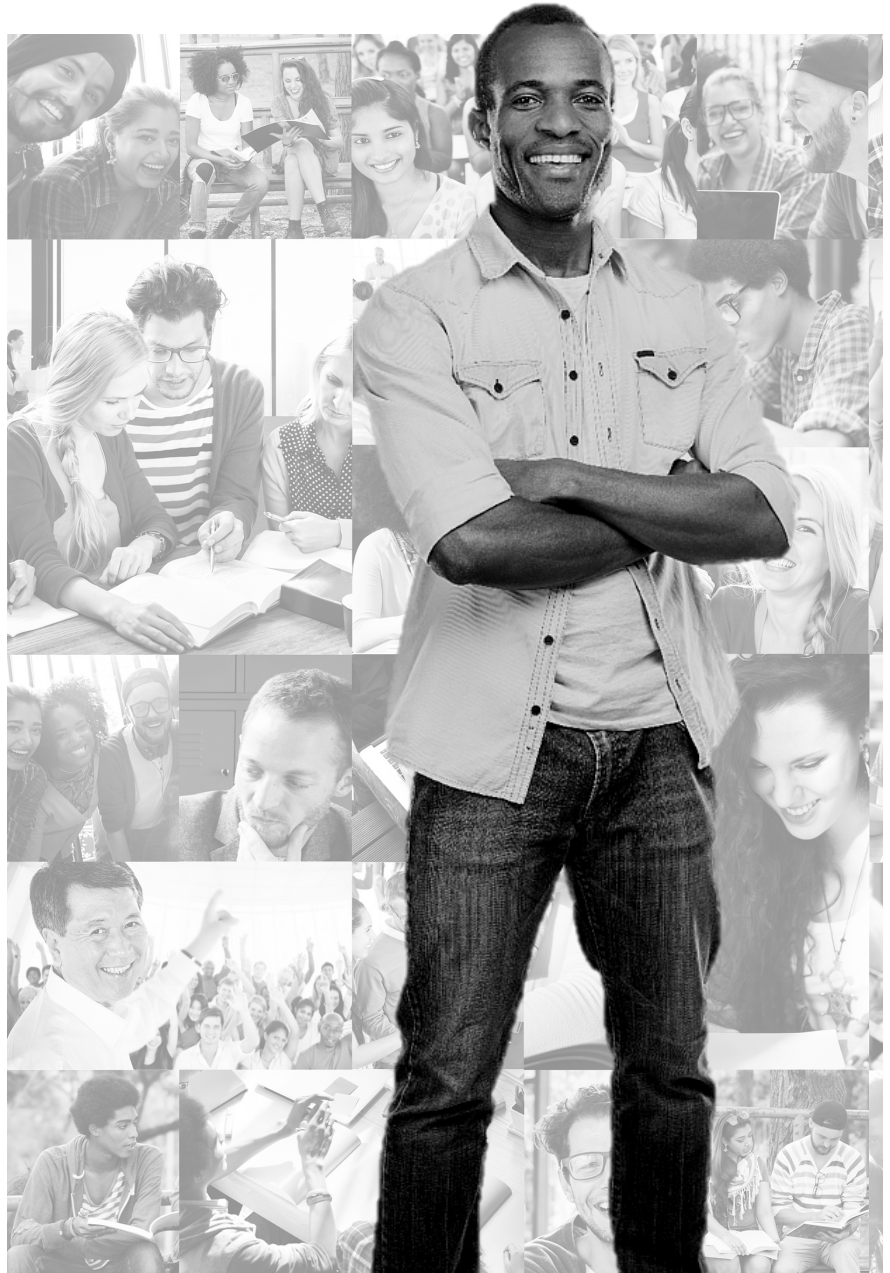


Youth Mental Health First Aid

Join the movement.

Sometimes first aid isn't
a bandage or CPR.
Sometimes, first aid
is **YOU.**



A young person you know
could be experiencing a
mental health or substance
use problem. **Learn an action
plan to help.**

Anyone 18 or older can take Youth
Mental Health First Aid, but it is
recommended for those who
regularly have contact with young
people ages 12-18 -- teachers,
coaches, social workers, faith
leaders and other caring citizens.

Take a course. Save a life.
Strengthen your community.

For more information, visit
www.MentalHealthFirstAid.org