

# Youth Mental Health First Aid Training

*You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack.*



**Friday, October 22, 8:30am - 2:30pm**

Labouré College of Healthcare

303 Adams St. Milton, MA

## Who should attend?

Anyone who lives or works with youth from ages 12 - 18 years. Coaches, educators, clergy, front line workers, parents, and any other caring citizens.

## What will you learn?

Youth Mental Health First Aid teaches a 5-step action plan that includes initial help to young people showing signs of mental illness or crisis and how to connect them with the appropriate professional, peer, social, or self-help care.

## Free!

Certification upon completion and free resource books.

## Food!

Lunch, coffee, snacks provided.

## Thank you!

Leave with skills that will help us keep our community safe!

Sponsored by:



**The Milton  
COALITION**

Addressing Substance Use • Promoting Mental Health

**Register  
here:**

**[www.milton-coalition.org](http://www.milton-coalition.org)**

Training  
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Training made  
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Beth Israel Lahey Health   
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MENTAL HEALTH FIRST AID

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**MICHAEL W. MORRISSEY**  
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