

Youth Mental Health First Aid

Identify.
Understand.
Respond.



What?

Internationally recognized, evidence-based training course for adults who work with teens.

Why?

Provides adults who work with teens a deeper understanding and action plan to respond to:

- Common signs and symptoms of mental illness and substance abuse
- Children in crisis and trauma
- Connect a person to help

How?

Josselyn provides on-site or virtual training for any school staff and/or students

Partner with Josselyn

- Receive MHFA action plan
- Create administration buy-in
- Identify student leaders

Train with Josselyn

It's as easy as 1-2-3!

- **Virtual:** 1-2 hours of pre-work, 4-hour training

Know the signs
Learn the actions
Be a lifeline

Contact mhfa@josselyn.org or 847.441.5600 ext. 189



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