



NORTHSHORE  
EDUCATION  
CONSORTIUM

# Youth Mental Health First Aid

*This course is intended for individuals, who work with youth,  
but do not have clinical training.*

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role –playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social and self-help care.

**Wednesday January 25<sup>th</sup> and Thursday January 26<sup>th</sup>**

8:00- 12:30 pm each day The Family Center at NEC 112 Sohier Road,  
Beverly, MA

\$ 100.00 registration fee covers all materials and light breakfast.

For more information go to: Mental Health First Aid

[REGISTER ONLINE](#) or to register by mail send check or PO to: NEC  
112 Sohier Rd. Beverly, MA 01915