



Family & Professional Learning Center
at Northshore Education Consortium

Youth Mental Health First Aid 8-Hour Course

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.

Instructors: Windi Bowditch, LMHC & Robyn Steinberger, SAC

When: Wednesday, January 16 & Thursday, January 17

From: 8:00 am – 12:30 pm each day

Where: Northshore Education Consortium
112 Sohier Road, Beverly, MA 02151 (3rd floor boardroom #317)

Cost: \$ 25.00 includes refreshments
(not lunch) and materials

Register: [HERE](#)

For course information contact:
Windi Bowditch, Northshore Academy
978.338.1450 x 2221 ~ wbowditch@nsedu.org

This training is for anyone who works with or simply has contact with adolescents and wants to increase their knowledge of mental health amongst this age group. Please note this is not intended for those who are already trained in counseling or mental health.