



**Family & Professional Learning Center**  
*at Northshore Education Consortium*

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## **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:** Tuesday, February 19 & Wednesday, February 20, 2019  
(February vacation)

**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](#)**

**For course information contact:**  
Windi Bowditch, Northshore Academy  
978.338.1450 x 2221 ~ [wbowditch@nsedu.org](mailto: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.