



**MENTAL  
HEALTH  
FIRST AID**



**WHY YOUTH MENTAL HEALTH FIRST AID?**

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18.

**WHAT MENTAL HEALTH FIRST AID COVERS**

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression and substance use challenges.
- How to recognize and respond to early and worsening signs of a mental health challenge.
- How to interact with a child or adolescent in crisis.
- How to connect the youth to help.

**TRAINING FORMAT**

Participants must complete a **2-hour, self-paced** online course **prior** to the in-person training. After this pre-work is complete, participants will be able to attend the live training on the date you enrolled for.

**TO REGISTER**

To register scan the QR code below or visit, [forms.office.com/r/1X5SQQ1XFG](https://forms.office.com/r/1X5SQQ1XFG)



To learn more or for questions, please contact Kathleen Howard, at [kdhoward@olatheschools.org](mailto:kdhoward@olatheschools.org).



**2024 TRAINING DATES**

**Location: Olathe East High School**

- Wednesday, May 29 8 a.m. - 2 p.m.
- Thursday, May 30 8 a.m. - 2 p.m.
- Friday, May 31 8 a.m. - 2 p.m.

**Location: Olathe Instructional Resource Center**

- Tuesday, June 4 9 a.m. – 3 p.m.
- Tuesday, June 11 9 a.m. – 3 p.m.
- Tuesday, June 18 9 a.m. – 3 p.m.
- Tuesday, June 25 9 a.m. – 3 p.m.
- Tuesday, July 23 9 a.m. – 3 p.m.
- Tuesday, July 30 9 a.m. – 3 p.m.