

YOUTH MENTAL HEALTH FIRST AID



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

MAY 29, 2024
8AM TO 5PM
IN-PERSON TRAINING

**NORTHEAST MICHIGAN
COMMUNITY MENTAL HEALTH**
400 JOHNSON ST, ALPENA

**NO CHARGE FOR
RESIDENTS OF ALPENA,
ALCONA, MONTMORENCY, OR
PRESQUE ISLE COUNTY
(A \$250 VALUE)**
OUT OF AREA COST OF \$50 TO BE PAID
UPON REGISTRATION

**YOUTH MENTAL HEALTH
FIRST AID (YMHFA)
TEACHES YOU HOW TO
IDENTIFY, UNDERSTAND,
AND RESPOND TO SIGNS
OF MENTAL HEALTH AND
SUBSTANCE USE
CHALLENGES AMONG
YOUTH.**

WHO SHOULD ATTEND:

- PARENTS/CAREGIVERS
- TEACHERS • SCHOOL STAFF
- COACHES • CAMP COUNSELORS
- YOUTH GROUP LEADERS
- ADULTS WORKING WITH YOUTH

REGISTER WITH GENNY

989-358-7842
GGRIMSHAW@NEMCMH.ORG

FUNDING PROVIDED BY:



**NORTHEAST MICHIGAN
COMMUNITY MENTAL
HEALTH AUTHORITY**



HELPS OUR COMMUNITY RAISE CHILDREN WHO ARE SAFE, LOVED, AND RESILIENT; AND
HELPS ADULTS INCREASE KNOWLEDGE AND SKILLS TO ADDRESS LIFE'S CHALLENGES.

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