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# Youth Mental Health First Aid Class

**A young person you know could be experiencing a mental health challenge or crisis. You can help them.**

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

**Day 1: Fri., Sept. 13, 6:30 — 8:30 p.m.**  
**Day 2: Sat., Sept. 14, 9 a.m.—3 p.m.**  
**\*You must attend both days to complete the training**  
**LOCATION:**  
**Headwaters Covenant Church**  
**1030 Choteau St., Helena**  
  
**COST: Free**

**Sometimes, the best first aid is you.**

*Take the course, save a life, strengthen your community.*

**Space is limited.**

**To register, call (406) 457-8970  
or email [jhegstrom@lccountymt.gov](mailto:jhegstrom@lccountymt.gov)**

Headwaters is offering this training through a partnership with Lewis and Clark Public Health.