

JOIN US FOR THE UPCOMING FREE

YOUTH MENTAL HEALTH FIRST AID TRAINING

*This Youth Mental Health First Aid Training is supported by a grant from
the Greater Lowell Community Foundation (GLCF)*



WHAT IS YOUTH MENTAL HEALTH FIRST AID?

The Youth Mental Health First Aid training teaches adults how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents from ages 12-18

HOW IS THIS TRAINING BENEFICIAL?

1. Informs adults about common mental health concerns among youth
2. Helps reduce stigma
3. Helps adults recognize common signs and symptoms of mental health and substance misuse challenges beyond "typical" teen behavior
4. Provides guidance with a simple 5-step action plan (ALGEE) how to properly and safely respond to these challenges

Date: Jan 30th, 2024

Time: 10:15AM-4PM

Location: J. V. Fletcher Library,
Mary Atwood Meeting Room,
50 Main St, Westford, MA, 01886

WHO SHOULD KNOW AND BE INVOLVED?

- Parents
- Educators
- All community members



NEPHA
NORTH EAST PUBLIC
HEALTH ALLIANCE



Interested in attending?
Please contact Brittany Nash
for registration

✉ bnash@westfordma.gov