

# Community Youth Mental Health First Aid



**Identify.  
Understand.  
Respond.**

## What?

Internationally recognized, evidence-based training course for adults who work with teens.

## Why?

Provides adults who work with teens a deeper understanding and action plan to respond to:

- Common signs and symptoms of mental illness and substance abuse
- Children in crisis and trauma
- Connect a person to help

## How?

Josselyn provides on-site or virtual training for any school staff and/or students

## Partner with Josselyn

- Receive MHFA action plan
- Create administration buy-in
- Identify student leaders

## FREE Training

- 2 hours of prework\*
- 4.5 hours of in-person training
- Prework sent 2 days after registering

## FREE Training

**Thursday, October 17  
9 am – 3 pm**

**1135 Skokie Blvd.  
Northbrook, IL**

**Questions? Contact  
[mhfa@josselyn.org](mailto:mhfa@josselyn.org)**



**Scan the QR code  
to register or visit  
[bit.ly/josselynyouthmhfa101724](https://bit.ly/josselynyouthmhfa101724)**



**MENTAL  
HEALTH  
FIRST AID™**  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



Funding provided by  
the Helle Family,  
and Healthy Minds,  
a division of Americorps



847-441-5600 | [josselyn.org](http://josselyn.org)



**Mental health for all.**