

Youth Mental Health First Aid is a program that teaches family members, friends, teachers, coaches, and neighbors how to recognize and help someone who may be developing a mental health problem or experiencing a mental health or substance abuse crisis. You can help those in need.



Would you like to learn

Youth Mental Health First Aid (YMHFA)?

NARBHA and MHFA-USA are conducting a **FREE** 8-hour YMHFA training course to train individuals to provide YMHFA in their communities.

This training is provided by Nationally-Certified Instructors.

Our audience is often:

- teachers, school administrators, first responders, coaches, faith-based leaders, behavioral health providers, community leaders, parents, youth leaders, etc.

Our goals are to:

- increase awareness and knowledge about mental illness and substance use
- decrease fear and negative reactions to human beings experiencing problems
- walk away feeling comfortable to help youth in our community

NARBHA is hosting several upcoming training opportunities:

<u>Dates:</u>	Wednesday, January 29	Monday, February 24
	Monday, March 17	Friday, April 25
	Wednesday, May 28	Friday, June 27
<u>Time:</u>	8:00am – 5:00pm *1 hour lunch on your own. (Registration 8:00 – 8:15am)	
<u>Location:</u>	NARBHA Building, Mohave Conference Room 1300 S. Yale, Flagstaff, AZ	



To RSVP for any of these YMHFA trainings:

Contact: Heather Coate at (928) 214-1194 or heather.coate@narbha.org

Training sponsored by:

