

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 the following training events:

| | | | |
|-------------------------|--|--|---|
| <u>Dates:</u> | Monday, July 28 Friday, Sept. 26 Monday, Nov. 17 | Wednesday, Aug. 27 Wednesday, Oct. 29 Wednesday, Dec. 17 |  |
| <u>Time:</u> | 8:00am – 5:00pm *1 hour lunch on your own. (Registration 8:00 – 8:15am) | | |
| <u>Location:</u> | NARBHA Building 1300 S. Yale, Flagstaff, AZ | | |

To RSVP for any of these YMHFA trainings:

Contact: Kelli Behrends at (928) 214-1185 or kelli.behrends@narbha.org

Training sponsored by:



Northern Arizona Regional Behavioral Health Authority (NARBHA) is the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache, and Mohave counties. Funds for services are provided through a contract with the Arizona Department of Health Services/Division of Behavioral Health Services and AHCCCS.