



Mental Health First Aid for Adults who Support Youth



WHAT

Children are dependent on the people who care for them. Mental Health First Aid is an 8-hour course that teaches you how to help YOUTH who may be developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders.

- Free evidence based training presented by Wellness in the Woods
- Lunch will be provided for all attendees free of charge
- Funded by the Substance Abuse and Mental Health Services Administration & supported by Crow Wing Energized
- Certification for 8 hours of education

WHEN

Tuesday, June 19, 2018 from 8:00 a.m. to 4:30 p.m.

HOST SITE

Crow Wing County Land Services Building #2
322 Laurel Street, Brainerd, MN 56401

HOW TO REGISTER

There are limited spaces for this training, please ensure to register before June 12, 2018 at:

<http://crowwingenergized.org/events/mental-health-first-aid-for-adults-who-support-youth-2/>

GOALS

Attendees will:

- grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- identify multiple types of professional and other resources for youth with a mental illness or addiction.
- increase their confidence in and likelihood to help an individual in distress.
- show increased mental wellness themselves.

Studies show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

For more information email
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call 218-296-2067

www.mnwitw.org

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