

# YOUTH MENTAL HEALTH FIRST AID

**LEARN THE SKILLS TO IDENTIFY,  
UNDERSTAND AND RESPOND TO  
SIGNS OF MENTAL ILLNESS AND  
SUBSTANCE USE DISORDERS**

**A young person you know  
could be experiencing a  
mental health challenge or  
crisis.**

*Perfect for parents, teachers,  
child care providers, youth  
serving organizations and  
community leaders!*

*Learn how to apply the  
Mental Health First Aid  
in a variety of  
situations, including  
when a youth is  
experiencing a Mental  
Health Crisis*



## FREE

**Four Rivers  
Cultural Center  
676 S.W. 5th Ave  
Ontario, Oregon**

**Sign Up for one  
of the next  
trainings:**

**September 5  
October 10  
November 14  
December 5**

**All courses are from  
8:30-4:30 and  
include lunch and  
program materials**

**TO REGISTER OR  
FOR MORE  
INFORMATION:**

541-889-9167 x279

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