

## Professional Learning Opportunity

Would you know  
how to respond to  
a student in  
crisis?



# YOUTH MENTAL HEALTH FIRST AID TRAINING

### Location:

**Griffin RESA**  
**8:30 a.m. - 4:00 p.m.**

### Dates:

**December 7, 2022**

**Or**

**March 29, 2022**

**FREE Training & Registration**

[www.griffinresa.net](http://www.griffinresa.net)

**Participants will earn:**

**YMHFA Certification**

**Sign up quickly!**

**30 seat maximum**

**This session is only available to participants in our member systems.**

**Sponsored by:**

**GaDOE School Climate**

### ABOUT THE COURSE

Youth Mental Health First Aid USA is a full day public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help

### PARTICIPANTS LEARN

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

