



FIRST AID FOR YOUTH MENTAL HEALTH IS A WORKSHOP THAT IS DESIGNED TO TEACH ADULTS TO IDENTIFY WHEN A YOUNG PERSON IS EXPERIENCING A MENTAL HEALTH CRISIS.

Youth Mental Health First Aid



- You will learn how to identify when a person is experiencing a problem or mental health crisis.
- Offer help to people living with depression, stress, anxiety and substance abuse.
- Improve knowledge of mental illness.
- Learn the 5 steps action "ALGEE" to help someone who is going through a crisis situation.



REGISTER:
 TEXT (503) 415-9457
 EMAIL: AFACUNDO@NWFS.ORG
 CALL: (503) 546-6377

MARCH 13, 21 • 8AM TO 5PM
APRIL 03, 21 • 8AM TO 5PM

DIRECCION
 6200 SE KING ROAD
 PORTLAND, OR. 97222.

GOOD MENTAL HEALTH IS IMPORTANT FOR STRESS MANAGEMENT, HEALTHY RELATIONSHIPS, BETTER COMMUNICATION WITH YOUR FAMILY AND EMOTIONAL STABILITY

- INVITE A FRIEND
- GREAT CLASS FOR PARENTS, GRANDPARENTS AND TEACHERS.

FREE TRAINING IN SPANISH

