



Directions for Living
LIFE GETS BETTER HERE.™



MENTAL HEALTH FIRST AID®



YOUTH MENTAL HEALTH FIRST AID

TAKE A COURSE. SAVE A LIFE.

TAKE THE 8.5 HOUR COURSE

All Youth Mental Health First Aid trainings are taught by DFL certified instructors. Three hours are self-paced and 5.5 hours are in a virtual classroom. Virtual classrooms will be conducted at the dates and times below.

EARN A 3 YEAR CERTIFICATION

Youth Mental Health First Aid is an evidence-based research-supported curriculum. Participants who complete the course will earn a Youth Mental Health First Aid Certification, which is valid for three years.

BE THE 1 TO MAKE A DIFFERENCE

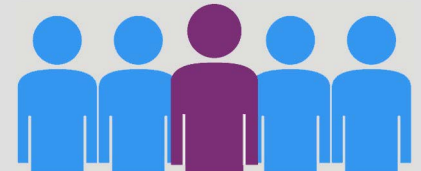
One in five Americans has a mental illness or substance use disorder, yet many are reluctant to seek help or don't know where to turn for care. Being able to recognize a mental health crisis can literally save someone's life.

ABOUT YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid teaches participants age 18+ how to identify, understand, and respond to signs of mental health conditions in youth. The course introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact and provides an overview of common treatments. It demonstrates how to assess a mental health crisis, select interventions, provide initial help and connect youth to supports.

HOW TO REGISTER FOR A TRAINING

Youth Mental Health First Aid trainings are being offered by DFL at no cost to organizations and individuals who work with youth in Pinellas County. Participants must register in advance for a training and spots are available on a first-come first-served basis. Register now at mentalhealthfirstaidpinellas.org. Private trainings for your organization or groups of 10-30 participants are encouraged.



1 IN 5

Youth will experience a mental health challenge at some point during their life.

CONTACT

For more information about registering, contact us at MHFA@DirectionsForLiving.org.

WWW.MENTALHEALTHFIRSTAIDPINELLAS.ORG