

Youth Mental Health First Aid



What is the purpose of this class?

Youth Mental Health First Aid will improve your knowledge of mental health and substance use problems, and will teach you how to connect youth with care when needed.

Why is the class being offered?

Anyone can make a difference in the life of an adolescent struggling with mental health or substance use issues.

We aim to provide tools and education to help people recognize signs of mental health challenges, and to support and respond to youth in distress.

Learn a 5-step action plan to help a young person cope with mental health or substance use problems.

Be aware and informed.

Who should attend?

This class is open to adults who regularly interact with adolescents 12 to 18.

Where is this class located?

Classes are held in Seattle at the Sand Point Learning Center, 5801 Sand Point Way NE, Seattle 98105.

When is this class offered?

This class is currently offered once per month, May through September.

Class hours are 8 a.m. to 4:30 p.m. (30 minute lunch included).

What is the cost to attend?

\$15 per registrant (lunch included).

LEARN MORE OR REGISTER

Online: www.seattlechildrens.org/classes

By phone: Seattle Children's Classes Registration, 206-987-9878.

Be the difference in the life of an adolescent.

