



Sometimes first aid isn't a bandage or CPR.  
Sometimes, first aid is **YOU.**



# Youth Mental Health First Aid

Learn a five-step action plan to help loved ones, students, neighbors, and others with mental health or substance use problems.

\*Course can be provided in one, two, or four days, but cannot be more than two weeks apart.

Maximum Class Size: 30 adults

Identify, understand, and respond to signs of mental illnesses and substance use disorders.

Youth Mental Health First Aid is an 8-hour\* training to teach adults how to help a youth who is developing a mental health problem or experiencing a mental health crisis.



As part of Salt Lake County's Substance Use Prevention efforts, this course is offered for \$60 per person. The full cost of Youth Mental Health First Aid is \$170 per person.

To register: 385.468.4532 | [jichill@slco.org](mailto:jichill@slco.org)