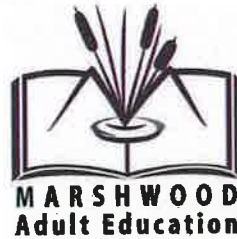


# Youth Mental Health First Aid

**COST-COVERED SKILLS-BASED CERTIFICATION TRAINING**  
BROUGHT TO YOU BY:



Mental Health  
Recovery  
Education



Weds. April 8<sup>th</sup> 2026

**8:00am - 4:00pm**

TRAINING VENUE PROVIDED BY:



**KITTERY**  
COMMUNITY CENTER  
*The art of active living.*

**120 Rogers Road, Kittery ME**

***Click Here or Scan to Register***



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING



**OPEN TO ALL WHO LIVE OR WORK IN MAINE**  
**TRAINING PARTICIPANTS MUST BE 18 YEARS OR OLDER**

## **What is Youth MHFA?**

- Evidence-based, non-clinical mental health awareness & crisis intervention training for general adult audiences
- Developed by the *National Council for Mental Wellbeing*, supported by the *Substance Abuse & Mental Health Services Administration (SAMHSA)*, taught by Certified YMHA Instructors from Sweetser
- Course completion grants 3-year *Youth Mental Health First Aider* certification + 7.5hr Professional Development credit

## **Learn How To:**

- **Recognize signs & symptoms** of mental health / substance use challenges in adolescents
- **Respond to & support** youth and teens facing mental health and substance use challenges
- **Intervene & de-escalate** mental health crisis situations
  - *including suicide prevention/intervention, psychosis intervention, & overdose response*
- **Connect** youth and teens in need to appropriate mental health supports
  - *including resources for Maine and US National mental healthcare options & services*
- **Develop & practice** self-care habits (support yourself to better support others!)

## **For More Info:**

• [Sweetser.org/FreeMentalHealthTraining](https://Sweetser.org/FreeMentalHealthTraining)

• [Training@Sweetser.org](mailto:Training@Sweetser.org)