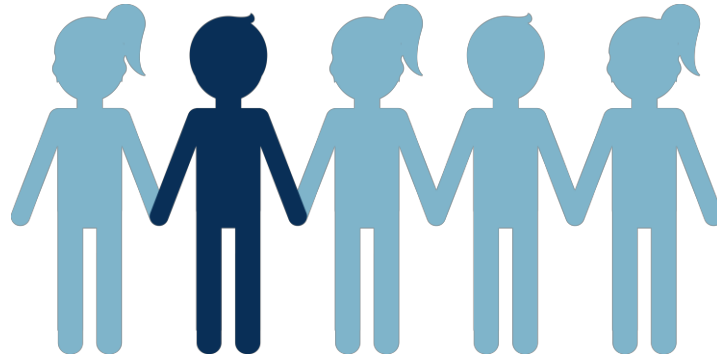


Youth Mental Health First Aid

One in five teens in Davis County lives with persistent mental distress.*



You could be the help someone needs.

October 7
November 3
December 2
January 13
February 9
March 24
April 21
July 13
August 11
September 22

8:30 am – 4:30 pm

No cost

Locations in Davis County

Youth Mental Health First Aid is an 8-hour course that teaches you how to help a young person who is developing a mental health problem or experiencing a mental health crisis. In the training, you will learn how to **identify**, **understand**, and **respond** to signs of mental illness.

The course focuses on **recovery** and **resilience** — the belief that individuals experiencing these challenges can get better and use their strengths to stay well.

Learn more:

Jessica Bigler
801-451-3414

jessica.bigler@usu.edu

REGISTER:

aware.usu.edu



*Student Health and Risk Prevention (SHARP) Survey, Davis County, 2015.

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