

# Cecil County Public Library is offering certification in Mental Health First Aid®

From National Council for Mental Wellbeing

**Why? Did you know, nearly 1 in 5 in the U.S. lives with a mental illness.**

*(source: National Institute of Mental Health)*

Mental Health First Aid® is a public education national certification course. Mental Health First Aid® is for everyone.

**The Youth Mental Health First Aid® course is for anyone age 18 and older who is interested in learning how to help young people experiencing mental health challenges or crises.**

The Youth Mental Health First Aid® course is for everyone, but especially beneficial for adults working directly with youth 12-18. Youth Mental Health First Aid® emphasizes the importance of early intervention and reviews typical adolescent development, as well as the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. Topics include anxiety, depression, substance use, disruptive behavior disorders (including AD/HD), and eating disorders.

## Youth Mental Health First Aid®

**Mon, April 15 & Mon, April 22 | 9am-1pm\***

**North East Branch Library**

*\*\*Attendance at both sessions is required for certification.*

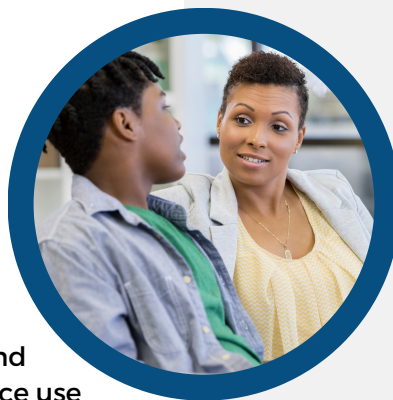
Scan the code for more information or call (410) 996-6269:



**Last day to register is Monday, April 8**

## Youth Mental Health First Aid®

- Informs adults about common mental health concerns among youth.
- Reduces stigma associated with mental health and addiction.
- Teaches adults how to recognize signs and symptoms of mental health and substance use problems in youth.
- Provides adults with skills to use a 5-step action plan to help youth who may be facing a mental health problem or crisis.



*Completion of both pre and post coursework and attendance at both sessions is required for certification.*



Cecil County Public  
**LIBRARY**



**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

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