



Mental Health First Aid – Adults Who Interact With Youth



1 in 4 young people aged 9-19 report experiencing mental illness.



Mental Health Commission of Canada / Commission de la santé mentale du Canada



Mental health problems begin sooner than you think.

MHFA Adults who Interact with Youth is intended for an adult audience whose primary focus is youth (aged 14-25). In addition to the four most common disorders discussed in MHFA BASIC, this course includes instruction about eating disorders and deliberate self-injury. Participants who take this course are well prepared to interact confidently about mental health with the young people in their lives, including at schools, extra-curricular activities, social services, family, friends, and communities.

The workshop will teach participants to:

- ✓ Recognize the symptoms of mental health problems or crises as they develop in youth, including eating disorders and non-suicidal self-injury.
- ✓ Provide initial help when facing a mental health problem or crisis.
- ✓ Guide youth and/or adults who support them toward appropriate professional help.
- ✓ Learn how to accommodate young people who are in distress or are recovering from a crisis.

Our next public course offering for MHFA – Adults Who Interact with Youth will be held at NLHFN, 77 Charter Avenue, St. John’s, NL on:

February 20 – 21, 2020 • 8:30 AM – 4:30 PM

Learn more and register at <https://cmhanl.info/training>.

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