**WHO:** For any district staff, community member, volunteer or parent who interacts with youth (must be 18 years or older)

**WHAT:** Youth Mental Health First Aid is an 8-hour evidence-based certification course that teaches participants about common mental health and substance use issues among students.

*Topics covered:*
- Typical vs. atypical adolescent development
- Protective factors and risk factors
- How to help students actively experiencing a mental health crisis
- Local, state, and national behavioral health resources

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**May 7th & 14th** • 5 – 9 pm **[**must attend both sessions**]**
Mountain View High School - 3500 Mountain Lion Dr., Loveland

**June 5th** • 8 am – 4:30 pm **[**30 min lunch break**]**
Loveland location TBD

**June 17th** • 9 am – 4:30 pm **[**working lunch**]**
Loveland Public Library - 300 N. Adams Ave., Loveland

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**WHY:**
- 3 in 10 Colorado high school students report feeling sad or hopeless every day for two weeks
- Youth who have an adult to go to for help are 3.5x LESS likely to attempt suicide

[Source: Healthy Kids Colorado 2015 Survey]

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**HELP IN A CRISIS ● PROMOTE WELLNESS ● END THE STIGMA**

**[**Training is valued at $170 and offered at no cost thanks to the Project AWARE grant awarded to Thompson School District**]**

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