

YOU WANT TO HELP. LEARN HOW.

Youth Mental Health First Aid

Hosted by Thompson School District

Spring/Summer Training Dates



May 2nd & 3rd • 4:30 – 8:30pm

Thompson School District Administration Building
800 S. Taft Ave, Loveland



May 18th • 8:00 am – 4:00 pm

Thompson School District Administration Building
800 S. Taft Ave, Loveland

June 12th • 9:30am – 5:30pm

Loveland Public Library
300 Adams Avenue, Loveland



June 29th • 9:30am – 5:30pm

Loveland Public Library
300 Adams Avenue, Loveland



Registration required. Please visit thompsonschoools.org/thompsoncares for registration links and contact information.

Youth Mental Health First Aid



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

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

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]

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