



Sponsored by **Optum**

Optum is providing multiple opportunities to get trained in Youth Mental Health First Aid in 2024. Register now for this FREE training!

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

You'll be able to choose from one of the following training series date

- **April 12 & 19: Youth MHFA Optum Community Training - VIRTUAL**
 - Part 1 April 12th and Part 2 April 19 from 9 am - 12 pm MDT
- **May 29: Youth MHFA Optum Community Training - VIRTUAL**
 - 9:30 am - 4 pm MDT
- **June 3: Youth MHFA Optum Community Training - VIRTUAL**
 - 9:30 am - 4 pm MDT

****Please Note: In order to attend, a 2-hour self-paced virtual assignment must be completed at least 2 days before the virtual Live Webinar.***

REGISTER
NOW

