

FreeBlended* Training!



Friday, June 23

9 AM - 3:30 PM

111 S Broad St

Lancaster, OH 43130

Space is limited! Pre-work is required. A one-hour lunch is on your own.

* Learners complete a two-hour self-paced online course and participate in a 4.5 – 5.5 hour instructor-led training.

Register now: www.fairfieldadamh.org or use this link: [Youth Mental Health First Aid Blended Training](#)

Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

What the training covers:

- Common signs and symptoms of mental health challenges**
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- Additional content on trauma, addiction and self-care

Who Should Take It:

Teachers/School Staff
Coaches
Camp Counselors
Youth Group Leaders
Parents/guardians
Adults who work with youth

**Anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD)

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