



CITRUS
HEALTH
IMPROVEMENT
PARTNERSHIP

YOUTH MENTAL HEALTH FIRST AID For Parents and Community Members

Dates

March 3 & March 4
6:00pm - 8:00pm



March 6
9:00am - 1:00pm



March 12
9:00am - 1:00pm



2-hour individual
coursework +
4-hour zoom
session

64.1%

of youth with
major depression
do not receive
any HEALTH
TREATMENT.

1 in 5

teens & young
adults lives
with a mental
HEALTH
CONDITION.

ABOUT THE COURSE

Youth Mental Health First Aid (YMHFA) is an adult education program that teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. Participants learn how to assess a mental health crisis, provide initial help, and connect young people to professional, peer, social, and self-help care.

PARTICIPANTS LEARN

- Risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.
- A core five-step action plan to support an adolescent developing signs and symptoms of mental illnesses or in an emotional crisis.

Blended Learning

2-Hours of Individual Coursework
**4-Hours of Zoom Learning with a
YMHFA Trained Instructor**

Contact Mindy Melito

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REGISTRATION LINK: <https://forms.gle/jFNXKvnqJWUar2GZ8>