



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

FREE YOUTH MENTAL HEALTH FIRST AID VIRTUAL TRAINING!

Become a certified mental health first aider for 3 years through National Council for Mental Wellbeing.

LEARN

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth.

WHY?

1 in 5 teens and young adults lives with a mental health condition.

- *National Alliance for Mental Illness*

WHEN?

February 12, 2024
10:00AM - 4:00PM
thru Zoom

THINGS TO DO

REGISTER [HERE](#) OR
SCAN THE QR CODE
slythgoe@brbh.org
540-982-1427 ext. 5117
Register by 2/2/24



Complete 2 hours of pre-work before attending the training.



**Blue Ridge
Behavioral
Healthcare**

Hope Spoken Here



**Suicide Prevention
Council of Roanoke Valley**