



# YOUTH MENTAL HEALTH FIRST AID TRAINING FOR ADULTS

Naperville Community Unit School District 203 Home & School, Indian Prairie School District 204, West Aurora School District 129 and East Aurora School District 131 and KidsMatter are partnering together on two Youth Mental Health First Aid Training classes for Parents and Caregivers.

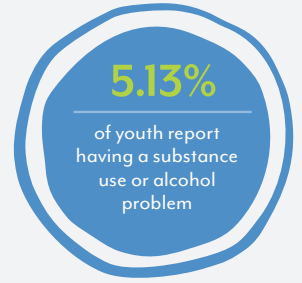
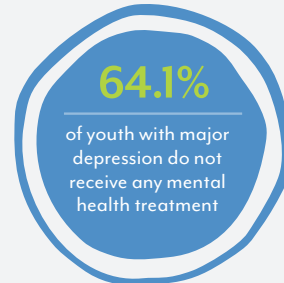
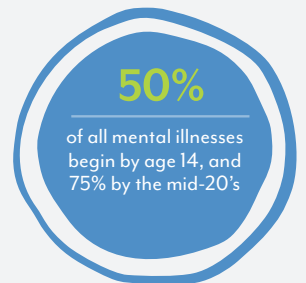
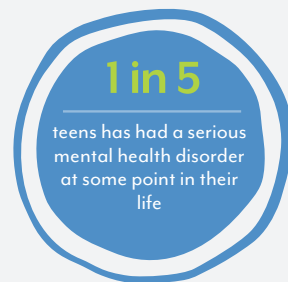
## What is Youth Mental Health First Aid?

Youth Mental Health First Aid is primarily designed for parents and adults who regularly interact with young people. Youth Mental Health First Aid teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help children and adolescents (age 6-18) who are experiencing a mental health or addiction challenge or is in crisis.

## How Blended Youth Mental Health First Aid works:

After completing a 2-hour, self-paced online class, First Aiders will participate in an in-person, Instructor-led class. The 2-hour self-paced class needs to be completed before attending the in-person, Instructor-led class.

Continuing education units are available for: LCPC/LPC, LCSW/LSW, LMFT, and Psychologist.



## THURSDAY, APRIL 24TH

**9:00 am - 2:00 pm**

Naperville School District 203  
Administration Bld., Room D&E  
203 W Hillside Rd  
Naperville, IL 60540



## SATURDAY, APRIL 26TH

**9:00 am - 1:30 pm**

Waubonsie Valley High School  
2590 Ogden Ave.  
Aurora, IL 60504



## You Will Learn

Distribution of information and materials through the school district does not imply District 204 endorsement.

- Signs and symptoms of mental illness
- Protective Factors / Risk Factors
- Intervention strategies

**CONTACT NINA MENIS AT [NINA@KIDSMATTER2US.ORG](mailto:NINA@KIDSMATTER2US.ORG) FOR MORE INFORMATION**

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