

# Youth Mental Health First Aid Training Available



## For your school or community group

YMHFA is an eight-hour workshop lead by two trained instructors. Material will cover information on mental health literacy, adolescent development, anti-stigma messaging and a five-step process to support youth with a mental health crisis and suicidality. Participants will learn the signs of a mental health crisis and have the information to refer to outside resources.

This workshop is ideal for those having contact with youth aged 12-25. Examples include: teachers, coaches, aides, bus drivers, school support staff, juvenile justice workers, employers of youth, faith-based communities and youth organizations. Limit of 30 participants per training.

## Read more about YMHFA:

<https://www.mentalhealthfirstaid.org>

## Youth Mental Health First Aid (YMHFA) Training Request Form

The Wisconsin Department of Public Instruction, through Project AWARE grant funds, can offer a limited number of YMHFA trainings at no cost to Wisconsin schools, organizations, and communities. You may be placed on a waiting list for the next grant year if the maximum number of trainings has been met.

## Link to Inquiry Form:

<https://goo.gl/forms/r0st2lsIVkMLc3qr1>

Please complete the YMHFA Inquiry Form questions as best you can. Responses will automatically be submitted to Christine Kleiman, Training Coordinator. Once the Inquiry Form is received, Christine will send the host site contact person a Memorandum of Understanding (MOU), assign trainers, and get the Hosting Kit sent out. The trainers will contact you with more information. This process could take up to six weeks. Pick your training date six weeks out from the date of inquiry.

Questions can be directed to Christine Kleiman, Training Coordinator, [ckleiman@cesa7.org](mailto:ckleiman@cesa7.org)

