

Free Youth Mental Health First Aid Training & National Certification!



Mental Health
FIRST AID®

from NATIONAL COUNCIL FOR
MENTAL WELLBEING®

Attention Somerset & Hunterdon County Community!

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

November 6

Time: 9:00 AM - 3:00 PM

Where: Virtual

Cost: At no cost to you!

Open to community workers and community members

Made Possible by:



Empower Somerset is a community-based nonprofit organization dedicated to equipping individuals with the tools to navigate life's challenges in a proactive and healthy way.

Virtual Youth Mental Health First
Aid Training



Scan Code To Register

30 Spots available - don't miss out!

Have Questions?

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