



**MENTAL  
HEALTH  
FIRST AID®**

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

# Virtual Youth Mental Health First Aid



- **FREE** training open to all community members
- 2-hour self-paced online prework
- 4-hour Instructor-led virtual training (Zoom meeting)

## What it covers:

- Focuses on helping adolescents aged 12-18
- Common signs and symptoms of mental illness
- How to interact with a person in crisis
- How to connect the person with help

## Who should take it:

- People who work with youth
- Teachers
- School Staff
- Parents
- Youth group leaders

For more information, contact Dr. Susana Rivera, Program Director: [susana@scan-inc.org](mailto:susana@scan-inc.org) or Alexandra Reyes, Training Coordinator: [alexandra.reyes@scan-inc.org](mailto:alexandra.reyes@scan-inc.org)  
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