



WHY YOU SHOULD CONSIDER BEING A YOUTH MENTAL HEALTH FIRST AIDER

59.4%

of Wisconsin Youth

have experienced depression, anxiety, self-harm or suicidal ideation in the past 12 months

1 in 5

Youth live with a mental health condition



MENTAL
HEALTH
FIRST AID

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

Sign up for a **FREE Youth Mental Health First Aid Training** at <https://wirose.wisc.edu/community-programming/>

Virtual Youth Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 4.5-hrs, Instructor-led Zoom Meeting. Limited to 20 adults.

Upcoming Trainings

All trainings start at 8:00am and end at 12:30 pm
Please click on the date to register!

- [Feb 23, 2021](#)
- [March 5, 2021](#)
- [March 24, 2021](#)

Who should be trained?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth



Extension
UNIVERSITY OF WISCONSIN-MADISON

Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WIROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WIROSE is a project of the Extension Health and Well-being Institute