



When a teen
reaches out
to you,
Be ready!

Youth Mental Health First Aid Training

Only one out of every three teens report that they have received help from an adult when they feel sad or hopeless. Join us for this **FREE** training for parents, youth-serving or other concerned adults.

- Learn to recognize the signs of a teen who is experiencing a mental health or substance use challenge, or who is in crisis.
- Learn how best to respond and connect teens to help.

January 28, 2019, 8:30am - 4:30pm
Topsham Fire Department, 100 Main St, Topsham

For more information call **373-6927** or email emunsey@midcoasthealth.com
Register at www.midcoasthealth.com/wellness/mental-health

"This training changed my thinking and my dialogue. It has helped me have meaningful conversations with more confidence, allowing me to connect with students and offer help when it's needed most."

– TRAINING PARTICIPANT