



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 ONLINE** 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.

**Offering 2 virtual sessions:**

**January 28, 2021, 1:00 p.m. - 6:00 p.m.**

**February 15, 2021, 9:00 a.m. - 2:00 p.m.**

Space is limited. Register at [www.midcoasthealth.com/wellness/mental-health](http://www.midcoasthealth.com/wellness/mental-health).

For more information call **373-3647** or email [JKellerman@midcoasthealth.com](mailto:JKellerman@midcoasthealth.com).

“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

 MID COAST *Center for*  
**Community Health & Wellness**  
[WWW.MIDCOASTHEALTH.COM/WELLNESS](http://WWW.MIDCOASTHEALTH.COM/WELLNESS)



In partnership with: Sagadahoc County Sheriff, Bath Police Department, Topsham Police Department, and Brunswick Police Department.