



# Mental Health First Aid

For Adults Assisting Young People

A young person you know could be experiencing a mental health or substance use problem.

## Learn an action plan to help.

Anyone 18 or older can take a course in Youth Mental Health First Aid.

The course is recommended for adults who regularly have contact with young people ages 12-25:

- parents, family members, caregivers
- teachers, coaches, school staff
- neighbors, faith leaders, other caring citizens
- human services workers, nurses, EMTs

### Register:

Call Renee Koenig at 388-7137

or email [renee.koenig@uwex.edu](mailto:renee.koenig@uwex.edu)

**Join the movement!**  
**Strengthen your community.**



For more information, contact:

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