

# Teen Mental Health First Aid

**Identify.  
Understand.  
Respond.**



## What?

International evidence-based training course for teens

## Why?

Provides teens with a deeper understanding and action plan to respond to:

- Common signs and symptoms of mental illness and substance abuse
- Children in crisis and trauma
- Connect a person to help

## How?

Josselyn provides on-site or virtual training for any school staff and/or students

## Benefits

Get your certification in Mental Health First Aid

Use this certification to boost your resume

Learn important skills to support your friends through a mental health challenge

This training may even count towards leadership hours for your high school

You can attend in your PJs

Sleep in a little, we don't start until 10 am

Free bagel breakfast. Come hungry!

**FREE Training**  
**Monday, Jan 20**  
**10 am – 3:30 pm**  
**1135 Skokie Blvd.**  
**Northbrook, IL**

**Free bagel breakfast.**

**Bring your own lunch**  
**or visit one of the many**  
**restaurants nearby.**

**Questions? Contact**  
**[msanchez@josselyn.org](mailto:msanchez@josselyn.org)**

## Two Ways to Register:

- **Scan the QR code**
- **[Click here](#)**



**MENTAL  
HEALTH  
FIRST AID™**  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



Funding provided by  
the Helle Family,  
and Healthy Minds,  
a division of Americorps

