

Youth Mental Health First Aid

Upcoming Course



Welcome to MHFA with REAL LIFE. REAL HOPE.

Mental Health First Aid is an evidence-based training that teaches the skills to identify, understand, and respond to someone who may be experiencing a mental health or substance use challenge. This course increases participant's mental health literacy and increases confidence in providing support and strategies to youth in crisis and non-crisis situations!

CHR is excited to offer this course free of charge!

Upcoming Training

- **Youth Mental Health First Aid**

Friday August 29, 2025

9:00am-3:00pm

Virtual course via Zoom

*2 hours of online, self-paced pre-work required

***Participants will be certified as Youth Mental Health First Aiders upon successful completion of the course. Certification is good for 3 years and can be renewed.

To Register:

<https://forms.office.com/r/cRhyz4adrn>

Questions?

For specific course questions contact Noelle Michaud at NMichaud@chrhealth.org

Who Should Take Youth MHFA?

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Human Services Staff

***Any adult who wants to learn how to better support youth!**

Helpful Tips:

- Participants must attend the entire training to become certified
- Participants must complete 2hrs of self-paced pre-work prior to their course start date
- The course is interactive, participants joining a Zoom course **must** have camera and microphone capabilities - joining via cell phone is not allowed

Learn more about Mental Health First Aid at:

<https://www.mentalhealthfirstaid.org>