

youth MENTAL HEALTH FIRST AID
FREE VIRTUAL TRAINING

September 28, 2023

9:00AM - 3:00PM

***Must complete 2 hours of pre-work
to attend the training.***

**Become a certified mental
health first aider (3 year
national certification) and
learn how to help a youth
who may be experiencing a
mental health challenge or
crisis.**

**REGISTER HERE OR
BY CONTACTING
slythgoe@brbh.org
540-982-1427
Deadline 9/18/23**



**Blue Ridge
Behavioral
Healthcare**



**Suicide Prevention
Council of Roanoke Valley**

**1 in 5 teens and young adults lives
with a mental health condition.**
National Alliance for Mental Illness

**Youth Mental Health First Aid
teaches you how to identify,
understand and respond to signs of
mental illness and substance use
disorders in youth.**

