

Mental Health First Aid for Youth Providers: Training Assist Youth in Crisis

No Cost for
teachers, counselors & educators (K-12).
8 CPE Hours Available



An estimated 1 in 4
Americans have a
diagnosable mental illness.

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental disorders are more common than heart disease and cancer *combined*.



Be a lifeline.

Call to reserve your
spot today!

You will learn...



- ◇ The prevalence of mental illnesses in the U.S. and their emotional and economic cost.
- ◇ The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, and substance use disorders.
- ◇ A 5-step action plan to help an individual in crisis connect to professional care.
- ◇ Resources available to help someone with a mental health issue.

To Sign Up or Learn More:

Call Molly Mabery at (817) 579-4435 or email mmabery@pecanvalley.org

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