

Youth Mental Health First Aid is an empirically-backed public education program and prevention tool that introduces participants to risk factors and warning signs of mental illnesses and suicide. This 8-hour training uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care.

At the conclusion of the seminar, participants will be able to describe the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, and schizophrenia.

Mental illness is common; and as we are increasingly aware of this within schools, it is crucial to have the necessary background information to appropriately assist youth and young adults in need of help. YMHFA is an evidence based public education and prevention tool. Similar to traditional First Aid CPR, YMHFA trains individuals to assist youth developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.

Where: [Hilton Conference Center](#)
66 East 6th Ave
Eugene, OR 97401

When: October 3, 2018

For more information and to register, please visit the COSA website at: [COSA fall conference information and registration](#).