



# YOUTH MENTAL HEALTH FIRST AID TRAINING

**Tuesday, March 5, 2024**  
**9:00 am - 3:00 pm**

With the stress and uncertainty in the world right now, it's important to learn how to identify emotional needs and assist those in your community, within your family or your organization.

This virtual training is a national certification. Two hours of digital pre-work is required. This training provides a general understanding of mental health and includes language and practice to assist participants in supporting staff, colleagues, community members and family. It also focuses on decreasing stigma and increasing self-care.

## **Registration is required as space is limited**

*Please register to confirm your place and have time to complete two hours of required pre-work (YMHFA).*

<https://zoom.us/meeting/register/tJ0rd-Copz0sGtdGETwwVOFzanEU0PPI6HSb>

**For more information on Mental Health First Aid**  
visit: <https://www.mentalhealthfirstaid.org/>

**For more information on the  
Atlantic County Municipal Alliance Program**  
visit: <https://www.atlantic-county.org/public-health/alliance.asp>

## Youth Mental Health First Aid Training

In collaboration with the  
Atlantic County  
Municipal Alliance



For more information contact  
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