

# YOUTH MENTAL HEALTH FIRST AID



## About the Training

Youth Mental Health First Aid is an international, evidence-based program that teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents. Learners will complete a 2-hour, self-paced online course, and participate in a 4-hour, instructor-led training either virtually or in-person.

### No Cost to Participants

Registration, materials, and professional development credits will be provided.

### Professional Development

CEUs, SEMIs, Contact Hours are available to participants at no cost. CEs will be offered in select trainings.

### How to Register

Please scan the QR Code below.

### Who Can Attend?

Available to all adults who work with youth and adolescents.



If you have any questions, please contact Bobbie Jo Bensaid at [bjs397@msstate.edu](mailto:bjs397@msstate.edu) or Mary Nelson Robertson at [mnrobertson@ext.msstate.edu](mailto:mnrobertson@ext.msstate.edu).

# ADULT MENTAL HEALTH FIRST AID



## About the Training

Adult Mental Health First Aid is an international, evidence-based program that teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults. Learners will complete a 2-hour, self-paced online course, and participate in a 4.5-hour, instructor-led training either via Zoom or in-person.

### No Cost to Participants

Registration, materials, and professional development credits will be provided.

### Professional Development

CEUs, SEMIs, Contact Hours are available to participants at no cost. CEs will be offered in select trainings.

### How to Register

Please scan the QR Code below.



### Who Can Attend?

Available to adults who want to recognize signs and symptoms of mental health and substance use challenges in other adults.

If you have any questions, please contact Bobbie Jo Bensaïd at [bjs397@msstate.edu](mailto:bjs397@msstate.edu) or Mary Nelson Robertson at [mnrobertson@ext.msstate.edu](mailto:mnrobertson@ext.msstate.edu).