



Youth Mental Health First Aid

hosted virtually & at no cost
for people living or working in
Baltimore City

Youth Mental Health First Aid

is designed for adults who work with youth, ages 12-18. The youth program teaches signs and symptoms of emerging mental health problems and how to differentiate potential problems from typical adolescent development. This skills-based course includes a 5-step action plan which can be used in various types of crisis and non-crisis situations. The pandemic's unprecedented impacts on the mental health of Baltimore's youth and families has increased the need for mental health awareness and action. Act now!

[Learn more about YMHA here.](#)

Each fully virtual course consists of

- **2 Hours** of Self-Paced Pework
- **6 Hours** of Live Virtual Instruction

This course is **free of cost** for individuals who live and/or work in Baltimore City, through a generous partnership with Behavioral Health System Baltimore and Mental Health First Aid Maryland. **Seats are limited. Make a difference and become a Mental Health First Aider today!**

REGISTER NOW!

- **Monday, April 25 (9am-3pm)**
↳ Register at bit.ly/3wTC2gX
- **Saturday, April 30 (9am-3pm)**
↳ Register at bit.ly/3iSW176
- **Saturday, May 7 (9am-3pm)**
↳ Register at bit.ly/3lQdvLZ
- **Weds-Thurs, May 11-12 (5pm-8pm)**
↳ Register at bit.ly/3NxFvW
- **Weds-Thurs, May 25-26 (5pm-8pm)**
↳ Register at bit.ly/3JXMR5m

