



GREATER YOUTH RESOURCE SERVICES, INC.

ZOOM YOUTH MENTAL HEALTH FIRST AID TRAINING

(MUST BE 18+ TO ATTEND) 3 YEAR CERTIFICATION

Similar to First Aid & CPR, this course prepares you to respond to youth and other individuals who may be experiencing a mental health-related crisis or problem. Topics include anxiety, depression, psychosis, and addiction. Learn what to say, how to use a 5-step action plan and whom to contact for more help. The National Council for Behavioral Health certifies individuals throughout the U.S to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand, and respond to signs of mental illnesses.

DATE: **Saturday, December 27, 2025 @ 12:00 Noon – 6:00 pm**

Instructor: **Jean Brewster**

To register please contact: **Jean Brewster** Email: brewsterj.edu@gmail.com

Participants will be required to complete the following on-line modules: Welcome, Instructions, Pre-Evaluation Survey, and Opinions quiz, preparation learning independently, prior to the zoom class date. Failure to complete modules will result in exclusion from the class.

Please RSVP as soon as possible or by: December 23, 2025 Cell: 617-828-7340

WHO MAY BE TRAINED:

- Health and human service workers
- Caring Citizens
- Members of faith communities
- Parents & Caregivers
- Nurses, PA's, Primary care workers
- Persons with mental illness & their families
- Police, First responders, corrections & security
- Substance abuse treatment professionals
- Educators and administrators
- Human resource professionals
- Mental health front line workers
- Policymakers
- Homeless shelter workers
- Social workers
- Coaches & Youth support staff