

# Youth Mental Health First Aid



You are more likely to encounter someone experiencing an emotional or mental health crisis than someone having a heart attack.

Youth Mental Health First Aid teaches adults who regularly interact with young people how to help an adolescent (age 12-18) who might be in a crisis or experiencing a mental health or addiction challenge.

*Sometimes, the best first aid is you.*

*Take the course, save a life, strengthen your community.*

**March 3, 8:00am - 5:00pm**

Alliance Health Johnston Community Office  
521 N. Brightleaf Blvd, Smithfield

For more information or to register contact Rebecca Fescina at [rfescina@alliancehealthplan.org](mailto:rfescina@alliancehealthplan.org) or call (984) 465-8003

**Alliance**  
Health