

## **Helping Young People in Crisis: Know the Warning Signs & What to Do**

*Free course trains school staff, parents, and others to help adolescents in trauma.*

**Youth Mental Health First Aid** is an evidence-based, 8-hour interactive public education course designed to teach parents, family members, caregivers, teachers, school staff, and others how to help an adolescent (age 12-18) who is experiencing a mental health challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

There are four opportunities to take this one-day course:

- Saturday, **March 4**
- Saturday, **April 22**
- Saturday, **May 13**
- Saturday, **June 3**

The course will be held 8 a.m.–4:30 p.m. at the Kelly Leadership Center (room 1101 A/B) on March 4, April 22, and May 13. On June 3 it will be held at Gainesville Middle School. Lunch will be provided. (Choose only one date.)

Register here: <https://tinyurl.com/pwcsymhfa>

This course is open to all PWCS employees and parents and is offered by the Office of Student Services through a grant from the Potomac Health Foundation in collaboration with the Prince William County Community Services Board.

PWCS employees will receive professional development credit.