



BECOME A CERTIFIED YOUTH MENTAL HEALTH FIRST AIDER!

Upon completion, you'll be certified as a Youth Mental Health First Aider—a crucial role where your actions can be the first step in someone's recovery journey.

Make a difference—register today and be the support that young people need!



Instructor: Shannon Seiferth, Founder,
Simply Well, LLC.



Scan to register
Registration closes after August 31st

Saturday, November 8th, 2025

9:00 AM – 3:00 PM, Community Room

MEMBERS: \$20; COMMUNITY: \$40

Youth Mental Health First Aid is a vital course designed to equip you with the skills to support adolescents (ages 12–18) facing mental health or addiction challenges, or those in crisis.

This course introduces common mental health challenges for youth, covers typical adolescent development, and teaches a 5-step action plan to assist young people in both crisis and non-crisis situations.

Course Format:

- Blended Learning: Start with a 2-hour self-paced online course.
- Instructor-Led Training: Follow up with a 5-hour session led by an experienced instructor.
- Post- sessions knowledge check and evaluation

For more information, or to find out about future sessions later this year contact Sue Janetos, at sue@sdyymca.org