

Mental Health First Aid

FOR YOUTH

Learn How to Help Yourself & Others

YOUTH TRAINING



What Will Youth Receive from the Training:

- Increased awareness of mental health and emotional well-being
- Understanding of common mental health challenges affecting youth
- Ability to recognize signs of emotional distress in themselves and others
- Healthy coping strategies for managing stress, anxiety, and life's challenges
- Improved communication and active listening skills
- Greater confidence in seeking help when needed
- Knowledge of trusted adults and community support resources
- Skills to build resilience and emotional strength
- Understanding of the importance of self-care and wellness
- Increased empathy and respect for others experiencing challenges
- Tools for making positive and healthy decisions
- Strategies for handling peer pressure, conflict, and difficult situations
- Awareness of the impact of bullying, social media, and substance use on mental health

JOIN US!

Event Date / Time

Monday, July 27, 2026

9:30 AM



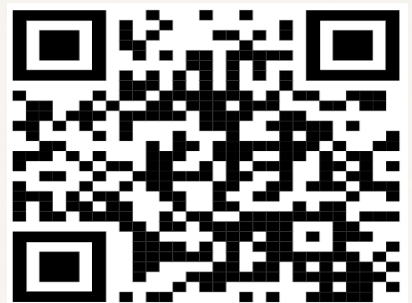
Family Artistry



Location

2504 Washington Street
Suite 100
Waukegan, Illinois 60085

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Scan To Register



Strong Minds. Supportive Communities. Brighter Futures.