

Youth Mental Health Adult First Aid Training

Girl Scouts of the Jersey Shore



This is a blended course – with pre-work to be completed prior to the in-person sessions.

Upon completion – you'll be able to...

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD)
- Recognize common signs and symptoms of substance use challenges
- Understand how to interact with a young person in crisis
- Know how to connect a young person with help
- Better understand trauma, substance use, self-care and the impact of social media and bullying



Mental Health First Aid Action Plan

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Register now!

Date: January 10 & 17

Time: 6:00 – 10:00 pm

Location: Ocean Service Center
1405 Old Freehold Road, Toms River
Both sessions are required.

Fee: \$25.00 per participant

Register: gsFun.org/AdultTraining



girlscouts
of the jersey shore