

FOR IMMEDIATE RELEASE

Contact: Kendra Epps, Project Coordinator
Stratford Community Services (203) 385-4095
January 14, 2018

Youth Mental Health First Aid Training

Stratford, Connecticut– Town of Stratford Community Services is offering Youth Mental Health First Aid Training. The training is scheduled for Tuesday, January 29, 2019 from 5:30 p.m. to 9:00 p.m. and Tuesday, February 5, 2019 from 5:30 p.m. to 9:00 p.m. at Birdseye Municipal Complex, 468 Birdseye Street, Stratford.

Youth Mental Health First Aid is an internationally recognized course that gives the skills needed to help a young person developing a mental health problem or experiencing a mental health crisis. The First Aid is given until appropriate help is received. During this interactive training, you will learn:

- The prevalence of mental health disorders impacting youth.
- The potential warning signs of the most common mental health disorders.
- A 5-step action plan to assist individuals and to get them to help if in crisis.
- Resources available to someone with a mental health problem.
- Risk and protective factors that can impact a youth's mental health and resiliency.

Training is free of charge to Town of Stratford and Stratford Board of Education employees. Fee for Stratford residents is \$10.00; for non-residents is \$35.00. Training includes a 3-year YMHFA certification (you must attend both dates), YMHFA manual and hand-outs, as well as meals. Space is limited. Please register by calling Stratford Community Services at (203) 385-4095 or e-mail Marge Mariconda at mmariconda@townofstratford.com. Checks are made payable and sent to Stratford Community Services, 468 Birdseye Street, Stratford, CT 06615 and must be received by January 22, 2019.