

# YOUTH MENTAL HEALTH

**FIRST AID**



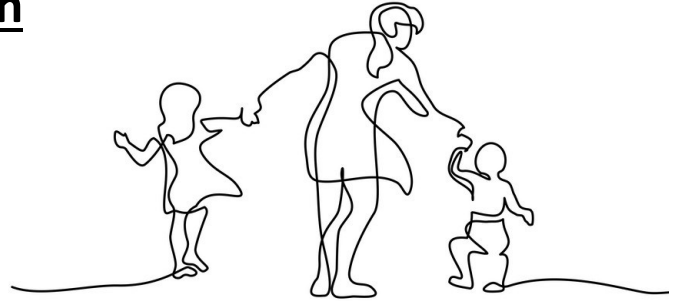
A workshop for parents and adults who work with kids aged 12-18. Any adult is welcome.

Learn about the common mental health concerns for youth and young adults.

**anxiety**

**disruptive behaviors**

**substance use**



Learn to recognize the signs and symptoms of mental health and substance abuse problems.

**depression**

**suicidal thoughts**

**eating disorders**



Learn what you can do.

Join us for a free, 6-hour workshop. \$20 gift cards for all who attend.

Presented online using Zoom video conferencing.

Live discussion. Limited to 10 parents.

Saturday. 8:30 AM to 2:30 PM. March 13. 30 minute lunch break.

Call (406.823.6356) or email (petersons@chphealth.org) Stacy Peterson to register.

Brought to you by CHP's **PARENT LIAISONS & PARENTS AS TEACHERS** Programs.