

Just a few facts:

Suicide is the **2nd leading cause of death** of youth in the USA & is the most preventable.

Indiana ranks #2 for suicidal ideation & **#10** in acting on that thought.

Half of all mental health challenges begin by **age 14**.

Mental health challenges can have a **major impact** often starting in adolescence or early adulthood.

Be the **ONE** to make a difference.



**YOUTH
MENTAL
HEALTH
FIRST AID®**

Youth Mental Health First Aid Training

What: **YMHFA Training**, a public education program that introduces participants to risk factors and warning signs of youth in a mental or behavioral health crisis.

Where: **Linton-Stockton High School, Media Center
10 H St NE, Linton**

When: **Wednesday, January 24, 8 a.m. to 4 p.m.**

Who: **Teachers**, bus drivers, school staff, parents, community members, youth pastors, 4H leaders, Boy/Girl Scout leaders, coaches, foster parents

Anyone who interacts with youth

Cost: **no charge**; funding provided by SAMHSA Project AWARE-C grant

Why: **To learn specific skills; to better understand; to learn to recognize (not diagnose); to learn to provide help; to remove the stigma; and most importantly - to be a source of help for the youth in Indiana!**

**Be The One to make a difference
in your community!**



To register:

jrose@hamiltoncenter.org or

812-231-8129

[Click here](#) to register