

Contact: Penny Corbin
Public Relations &
Prevention Specialist
Phone: 989.723.0755
Fax: 989.723.5061

P.O. Box 428
Owosso, MI 48867
pcorbin@shiacmh.org



Youth Mental Health First Aid Training Offered

According to Mental Health America and the National Alliance for Mental Illness, 64.1% of youth with major depression do not receive any mental health treatment and 1 in 4 teens and young adults live with a mental health condition. These organizations also report that 5.13% of youth report having a substance use or alcohol problem.

Shiawassee Health & Wellness (SHW) is offering Youth Mental Health First Aid training. This 8-hour training teaches a person how to identify, understand and respond to signs of mental illnesses and substance use disorders. It also gives adults who interact with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

This class is designed for parents, teachers, school staff, coaches, camp counselors, youth group leaders, people who interact with youth. It teaches the common signs and symptoms of mental illnesses in this age group, including anxiety, panic attacks, depression, eating disorders, suicidal thoughts and behaviors, and more.

The training will be held on Thursday, April 2 from 8:30 a.m. – 5:00 p.m. at Shiawassee Health & Wellness located at 1555 Industrial Drive in Owosso. The cost is \$25 and includes a manual, certification and lunch. Pre-registration is necessary prior to March 30.

Please mail or drop off payment to: Shiawassee Health & Wellness, 1555 Industrial Drive, Owosso, MI 48867. To learn more about the class, call 989-723-6791 or email at pcorbin@shiabewell.org.

Submitted by: Penny Corbin, Prevention Specialist