



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

FREE, a \$175 value

YOUTH MENTAL HEALTH FIRST AID LIKE CPR, BUT FOR THE MIND

A young person you know could be experiencing a mental health challenge or crisis. Learn what to do.

Youth Mental Health First Aid is a training that introduces adults to the unique risk factors and warning signs of mental health concerns in youth ages 12 – 18, builds understanding of the importance of early intervention, and teaches individuals how to help youth in crisis or who may be experiencing a mental health or substance use challenge.

Date/Time: **Saturday May 30 8am-5pm -
Lunch is provided by Friends of Robles Ranch**

Location: **The Hub (My Friends Closet & Food Bank)
16150 W Ajo Highway. Tucson, Arizona**

Register here to attend.

tinyurl.com/RoblesRanchYMHFA



Contact the Pima County Health Department for more information at MHFA@Pima.gov or call 520-724-7470.

The COVID 19 pandemic has taken a devastating toll, especially on our youth.

1 IN 5

teens and young adults live with a mental health condition.

Source: National Alliance for Mental Illness

50% of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry

Suicide is the 2nd leading cause of death among adolescents.

Source: Centers for Disease Control & Prevention