

# Youth Mental Health First Aid

## Join us May 4, 2019

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

**Date:** May 4, 2019

**Time:** 8:00 am-4:30 pm

**Location:** Lake Regional Hospital  
Conference room A/B  
54 Hospital Drive  
Osage Beach, MO

**Register:** MU Extension in Camden County  
573-346-2644

**Fee:** \$25, includes materials, light breakfast, lunch

*CEUs available (8 clock hr/9.6 contact hr) through Missouri Institute of Mental Health, additional information available at <http://www.mimhtraining.com/mhfa>*

A young person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.**

Anyone 18 or older can take **Youth Mental Health First Aid**, but it is recommended for those who regularly have contact with young people ages 12-18 — teachers, coaches, social workers, faith leaders and other caring citizens.



Take a course. Save a life.  
**Strengthen your community.**

**UMSL | MIMH**  
Missouri Institute of Mental Health

For More Information

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Visit: [mhfamissouri.org](http://mhfamissouri.org)