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Youth Mental Health First Aid Training to be held in Dexter

JUNE 12TH 2019 BY DEE LOFLIN

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One in five people will have a panic attack once in their lifetime. What would you do when this happens to a student, loved one, or church member? Attend the Youth Mental Health First Aid course to recognize symptoms of mental health problems, how to help, and how to guide the youth to professional help. University of Missouri Extension is sponsoring Youth Mental Health First Aid training on Wednesday, July 10 in Dexter.

The 8-hour training will be held at the University of Missouri Extension FNEP office from 8:00 a.m. to 5 p.m. The registration fee is \$10, which includes lunch and a workbook. This course is POST certified for 8 interpersonal hours and CEU's are available for an additional charge. Instructors, who are certified Youth Mental Health First Aid Trainers, include Stephanie Milner, 4-H Youth Development Specialist for University of Missouri Extension and Field Specialist in Human Development Mary Engram.

This 8-hour course teaches people how to give first aid to youth experiencing a mental health crisis situation. Participants will learn the signs and symptoms of the most common mental health problems, where and when to get help, and what type of help has been shown to be effective. The purpose of the program is to also demystify the whole topic of mental illness, and to increase mental health literacy and to decrease misconceptions, stereotypes or biases concerning mental health illnesses.

This course is open to anyone, especially those who have an interest in and/or work with youth such as youth volunteers, teachers, school administration, coaches, faith communities, employers, caregivers including parents and foster parents and the general public.

For more information and to register contact the University of Missouri Extension Center at 573-568-3344.

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