

Teen Mental Health First Aid

 Calling all students interested in healthcare careers, supporting friends in need, or more! Join our **FREE** training!

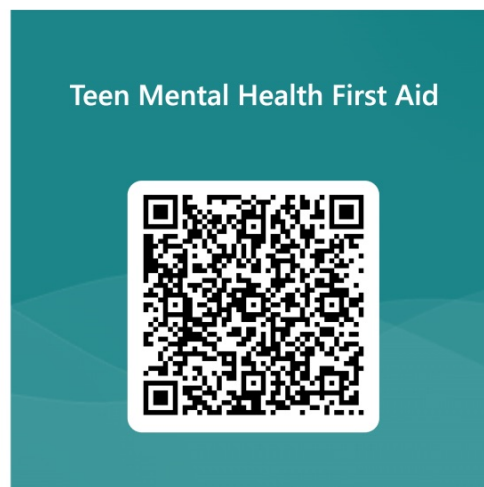
Course Objectives

- ✓ How to **open the conversation** about mental health and substance use challenges.
- ✓ Identify common **signs and symptoms** of mental health and substance use challenges.
- ✓ Understand the impact of **school violence and bullying** on mental wellbeing.
- ✓ How to **seek the help** of a responsible and trusted adult.

 **Dates:** June 3rd, 5th, 7th

Time: 2:15 - 4:00 pm

Location: Stadium High School Room B12, 111 N E St, Tacoma, WA 98403



* For eligibility and registration details, scan the **QR code** or visit <https://forms.office.com/r/hXir3chVNE>

JUNE 3, 5, 7
2:15 - 4:00pm



Limited Space: Secure your spot today!