



MENTAL  
HEALTH  
FIRST AID®



# Coming soon: Youth Mental Health First Aid

**One in five teens and youth adults live with a mental health condition, and more than 64% of youth with major depression do not receive any mental health treatment.** Youth Mental Health First Aid gives parents and other adults who work with youth the skills they need to provide support.

Learn to recognize the signs that a young person (age 6-18) needs help and how to take vital steps to assess risk, listen nonjudgmentally, and get professional help.

## Register now!

- Our inaugural class will meet via Zoom on **Thursday, May 20** from 8:30 a.m. to 1:00 p.m.
- Two hours of online education are required prior to the class meeting.
- Cost is \$40; payment is due with registration.
- To register, call Kelsey Edwards at 785-889-5048 or email [kelseyedwards@chcsks.org](mailto:kelseyedwards@chcsks.org).
- Deadline to register: May 13.



Community  
HealthCare System  
NE Kansas

## Our instructors

**Angie Sauvage** (below, left) is a Licensed Master Social Worker and was previously certified as a Mental Health First Aid instructor for the adult class. She has taught several classes in the past and is eager to provide more education to those who work with youth.

**Kelsey Edwards** (below, right) works as Onaga Rehabilitation and Fitness Center coordinator. She is newly certified and hopes to help empower parents, teachers, coaches, and others to know how to help teens navigate a crisis.



***Our mission: To Enrich the Health and Lives of the People We Serve.***



**[WWW.CHCSKS.ORG](http://WWW.CHCSKS.ORG)**