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**Youth Mental Health First Aid Training Course**

Youth Mental Health First Aid is an evidence-based training that teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth.

This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**Save these 2023 training dates:**

[February 21 from 9am to 3:30pm  
Registration deadline is February 9](https://extension.unh.edu/event/2023/02/youth-mental-health-first-aid-training-course-february-21-2023)

[April 5 from 9am to 3:30pm](https://extension.unh.edu/event/2023/04/youth-mental-health-first-aid-training-course-april-5-2023)

[Registration deadline is March 22](https://extension.unh.edu/event/2023/04/youth-mental-health-first-aid-training-course-april-5-2023)

[June 7 from 9am to 3:30pm](https://extension.unh.edu/event/2023/06/youth-mental-health-first-aid-training-course-june-7-2023)

[Registration deadline is May 24](https://extension.unh.edu/event/2023/06/youth-mental-health-first-aid-training-course-june-7-2023)

[August 2 from 9am to 3:30pm](https://extension.unh.edu/event/2023/08/youth-mental-health-first-aid-training-course-august-2-2023)

[Registration deadline is July 19](https://extension.unh.edu/event/2023/08/youth-mental-health-first-aid-training-course-august-2-2023)

Any questions regarding the YMHFA Training Courses,

please contact [Sue.Meattey@unh.edu](mailto:Sue.Meattey@unh.edu) or 603-355-2724