



Youth Mental Health First Aid

For Adults Helping Young People

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people (YMHFA).

LOCATION

Portsmouth Department of Behavioral Healthcare Services – Prevention Unit

1811 King Street • Portsmouth, VA 237

For more information, please contact
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