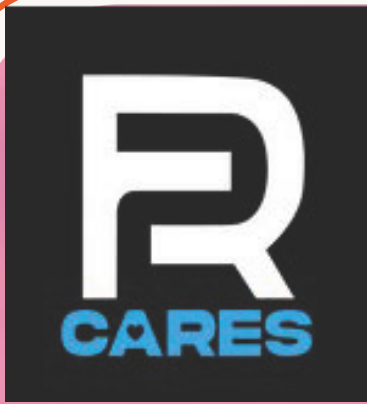




ORLANDO
HEALTH®



YOUTH MENTAL HEALTH FIRST AID

R2Cares Emerging Leaders

SPIRIT SOUL & BODY - ON AND OFF THE FIELD

Sports is a vehicle for building purpose and restoring identity in our lives and contributing to the wellbeing of others.



WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid (YMHFA) teaches adults how to identify, understand and respond to signs of mental health challenges among adolescents ages 12-18 years old

WHAT IT COVERS

- Common signs and symptoms of mental health challenges
- How to interact with a young person in crisis
- How to connect young person to help
- Expanded content on social media and bullying
- Mental Disorders

WHO SHOULD TAKE THIS TRAINING

Parents, Teachers, and Coaches
Law Enforcement
Hospital Staff and First Responders
Caring Individuals and Caregivers

SCAN TO REGISTER NOW! LIMITED SEATING AVAILABLE.



Date: November 21, 2025

Time: 9:30 am - 4:30pm

Location:

Magnolia Building at Lake Mirror Complex

702 East Orange Street

Lakeland, Florida 33801

Lunch will be provided

Questions?

trinity.kimble@riseecs.org

MUST BE PRESENT FOR THE ENTIRE TRAINING

NO COST TO YOU!