



PRESS CONTACT:

Melissa LoParco
Mercury Marketing Communications
(203) 253-0470

STAMFORD TO HOST YOUTH MENTAL HEALTH FIRST AID TRAINING
WITH SESSIONS IN ENGLISH, SPANISH & HAITIAN CREOLE

STAMFORD, CT/September 19, 2023 – We’ve all heard of first aid training – and some of us are even certified. But did you know that you can participate in Youth Mental Health First Aid training to gain the skills to identify – and ultimately help – a young person in need?

Mental Health First Aid is designed to empower adults to be able to start conversations about mental health and substance use issues. The training provides an action plan that teaches people how to identify and address potential problems. Experts believe that, if more people are equipped with the tools they need to start a dialogue, more young people can and will get the help they need.

The Stamford Youth Mental Health Alliance will host several sessions of Youth Mental Health First Aid this fall. The free training, with sessions in English, Spanish and Haitian Creole, is primarily designed for any adult who regularly interacts with young people.

There is one upcoming session in Spanish:

Wednesday, October 11, 9 am – 4 pm, at Family Centers, 60 Palmer Hill Road in Stamford. Lunch is included but space is limited, so please email cahumada@familycenters.org to reserve a seat.

There are three upcoming sessions in English:

Thursday/Friday, September 28 & 29 (4 pm – 8 pm both days), at Park 215, 215 Stillwater Avenue, Stamford. Dinner is included but space is limited, so please email youthmentalhealthct@gmail.com to reserve a seat.

Monday, October 9, (9 am – 5 pm), Park 215, 215 Stillwater Avenue, Stamford. Lunch is included but space is limited, so please email youthmentalhealthct@gmail.com to reserve a seat.

Wednesday/Thursday, November 8 & 9 (4 pm – 8 pm both days), at Park 215, 215 Stillwater Avenue, Stamford. Dinner is included but space is limited, so please email youthmentalhealthct@gmail.com to reserve a seat.

There is one upcoming session in Haitian Creole:

Saturday, October 21, 9 am – 4 pm, at DOMUS Kids, 83 Lockwood Avenue, Stamford. Lunch is included but space is limited, so please email noel@domuskids.org to reserve a seat.



The training is sponsored by the Stamford Youth Mental Health Alliance, a city-wide network of 30+ organizations working together to improve access to mental health services for children and adolescents. The goal of their collective effort is to build a greater understanding of the importance of youth mental wellness, ensure care is accessible and inclusive, and facilitate a comprehensive system of intervention and support for families across our community. For more information, visit www.stamfordyouthmentalhealthalliance.org.

###