



# YOUTH MENTAL HEALTH FIRST AID

## Community Event November 11th

33405 8th Ave S, Federal Way, WA 98003  
9am - 5:00pm

With National Trainer **Michele Pilon**

### What is Mental Health First Aid?

*Mental Health First Aid equips community members with the skills to notice and assist anyone experiencing a mental health or substance use challenge, reduce stigma through education and acceptance, and connect those going through a crises with appropriate services.*

### THIS TRAINING IS FOR ADULTS SUPPORTING YOUTH

#### Your training covers:

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance abuse
- How to interact with a person in crisis or with a mental health or substance use challenge
- How to connect the person with help

*"I do this work because I know that Mental Health First Aid makes a difference. It changes lives. It saves lives. At it's root, Mental Health First Aid is about humans being kinder humans to one another. There is no greater joy for me than to be able to be a part of this movement."*

**-Michele Pilon,  
National Trainer, MHFA**

*Michele Pilon is a National Trainer for MHFA. She has over 15 years of experience in the Mental Health and Human Services Field as well as experience with life coaching, wellness consultation, and trainings for wellness strategies, goal planning, and stress management.*



**November 11, 2022**  
09:00am - 5:00pm  
Registration closes Nov 01 2022



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MHFA training is valued at \$170 , but is being offered at no cost thanks to King County MIDD.

# VALLEY | CITIES

Behavioral Health Care

SCAN FOR MORE INFO  
AND TO REGISTER

