



For Immediate Release

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Youth Mental Health First Aid Training Offered in Punta Gorda

Punta Gorda, FL (March 5, 2018) – It’s easy to tell when someone may be suffering from a heart attack, is choking, or is unable to breathe. But what does depression look like? What about anxiety? Have you met a youth experiencing suicidal thoughts or behaviors? Do you know how to administer first aid in a mental health crisis?

On April 7th, from 8:30 a.m. – 5:30 p.m., a Youth Mental Health First Aid Training will be held at Bayfront Health Punta Gorda’s Medical Office Building, located at 713 E. Marion Avenue in Punta Gorda. The cost is FREE to the first 25 participants. The training is sponsored by Charlotte Behavioral Health Care, Bayfront Health Port Charlotte-Punta Gorda, and Healthy Charlotte.

What is Youth Mental Health First Aid? 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.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

“This course gives people the training and tools they need to start a dialogue with youths experiencing a mental health or addiction challenge or crisis - and ultimately save lives,” says Gina Wynn, a certified Youth Mental Health First Aid trainer and director of Adult Community Services at Charlotte Behavioral Health Care.

One in five Americans experiences a mental illness each year, but many are reluctant to seek help or simply don’t know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect and it can be difficult for friends and family members to know when and how to step in. As a result, those in need of mental health services often do not get them until it is too late.

For more information or to RSVP for the event, contact Gina at (941) 639-8300, extension 2497. Limited seating is available, so call today!

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