



**Virtual Training for BPS' Parents
(Part 1: 2 hour, self-paced course & Part 2: 4 hour, Instructor-led Zoom session)**

This 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.

64.1%

of youth with major depression
do not receive any mental
health treatment.

- Mental Health America

WHAT YOU WILL LEARN:

- ❖ Common mental health disorders
- ❖ Risk factors and warning signs
- ❖ How to distinguish between typical adolescent development & a mental health concern
- ❖ How to help someone in crisis & non-crisis situations
- ❖ Local Resources

1 in 5

teens and young adults
lives with a mental
health condition.

- National Alliance for Mental Illness

****The 2-hour, self-paced online course must be completed prior to the live sessions scheduled below. A link to the self-paced will be provided 1 week before your live course.**



Choose 1 of the following options:

- Wednesday, September 30th from 9am – 1pm
- Saturday, October 17th from 8am – 12pm
- Tuesday & Thursday, November 17th & 19th from 6pm – 8pm

****CLASS SIZE IS LIMITED. REGISTRATION REQUIRED****

Email Kelly Sarria at Sarria.kelly@brevardschools.org to register



Visit <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/> for more information.