



FREE ONLINE MENTAL HEALTH FIRST AID TRAINING FOR ASIAN AMERICAN PARENTS



Do you want to...

- Learn skills to support your child's mental health
- Identify common signs/symptoms of mental health challenges among youth
- Improve mental health knowledge and skills to support Asian American youth well-being in your community
- Interact with any child/adolescent in crisis
- Connect any youth with help
- Become a certified youth mental health first aider

Do you...

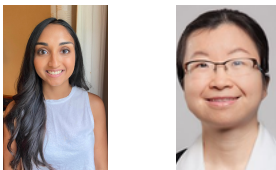
identify as a **South Asian or Southeast Asian American parent of a teen between the ages of 10-20?**

If so, we invite you to participate in a **FREE**, one-day virtual Youth Mental Health First Aid (YMHFA) training and research study led by Asian American instructors

<https://www.mentalhealthfirstaid.org/>

Contact Us...

This research grant was awarded to **Ami Patel** by the **National Council for Mental Wellbeing**. Ami Patel is a doctoral student in School Psychology at the University of Maryland, College Park. Dr. Cixin Wang, Ph.D., is an Associate Professor of School Psychology and licensed psychologist at UMD



If you have any questions or concerns, please email **Ami Patel** at amikumar@umd.edu

Interested?

The training dates are scheduled for:
Saturday, February 25th
or April 15th
at
10:00AM - 4:00PM EST

Please sign-up/RSVP by:
Feb. 5th, 2023
at



https://umdsurvey.umd.edu/jfe/form/SV_9ReHm2mnob6JeN8

You will receive **\$20** for completing surveys about the training.
Your child will receive **\$10** for completing surveys.

SPACE IS LIMITED - please sign up early!!!