



**FOR IMMEDIATE RELEASE**

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**Westerly Hospital Physician Offers Youth Mental Health  
First Aid Certification Training**

WESTERLY, RHODE ISLAND, December 29, 2016 – Westerly Hospital, in partnership with the Washington County Coalition for Children, will be offering a free, two-part certification training course on Youth Mental Health First Aid. Classes will be held on Saturday, January 21 and Saturday, February 4 from 8:00 a.m. until 12:30 p.m. at Westerly Hospital’s Henry J. Nardone Conference Center.

The course will be facilitated by Westerly Hospital physician Robert Harrison, MD.

Youth Mental Health First Aid is a mental health literacy program designed to teach adults a 5-step action plan to offer initial help to young people facing mental health challenges or in crisis situations as well as connect them with the appropriate professional, peer, social, or self-care they need.

This free course is ideally designed for adults who work with young people, ages 12-18 - teachers, coaches, leaders of faith communities, police officers, youth group leaders, parents, and other caring citizens. The interactive curriculum teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorders.

This program is free and open to the public. Space is limited to 25 participants. To register, contact Dr. Robert Harrison at [rharrison@westerlyhospital.org](mailto:rharrison@westerlyhospital.org) or 401-316-4134.

Youth Mental Health First Aid is an evidence-based program coordinated by the National Council for Behavioral Health. For more information, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org).

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