



Youth Mental Health First Aid – JUNE 4TH & Adult Mental Health First Aid – JULY 16TH

[Light for the Darkness](#), a New Worshiping Community and mental health ministry of Giddings-Lovejoy, is offering our annual trainings for Adult and Youth Mental Health First Aid, thanks to the leadership and instruction of our distinguished board member, Lawson Calhoun (Elder at Westminster (STL City)). These 6-hour courses are full of helpful approaches and resources for coming along side someone in mental health distress.

“Why Mental Health First Aid (for Adults and Youth)?

[Mental Health First Aid](#) teaches you how to identify, understand and respond to signs of mental illness and substance use disorders (in adults and youth). It gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.”

What it Covers

Common signs and symptoms of mental illness in this age group, including

- Anxiety
- Depression
- Eating disorders
- Attention deficit hyperactive disorder (ADHD)

Common signs and symptoms of substance use

- How to interact with a child or adolescent in crisis
- How to connect the person with help
- Expanded content on trauma, addiction and self-care and the impact of social media and bullying”¹

- The training, which is for adults to learn **Youth Mental Health First Aid** will be held June 4, 9 am to 4 pm, via Zoom. Volunteers and leaders of your youth ministries, including parents are encouraged and welcome to participate in this training. Registration deadline is May 20th.
- The training for **Adult Mental Health First Aid** will be held July 16th, 9 am to 4 pm via Zoom. Registration deadline is June 30th.

Please [register online](#) and mail check for \$30 to Presbytery of Giddings-Lovejoy, 1001 Craig Rd Ste 170, STL, MO 63146, venmo (@janice-mcmillen), or contribute through the website. Please note on the check or in the online notes: MHFA Youth and/or MHFA Adult. Actual cost per training is \$170 but due to grants your cost is \$30 per training.

If you have questions or are looking to connect with others experiencing mental health variances in a genuine, spiritual and supportive way, please [email Thirza@light4thedarkness.com](mailto:Thirza@light4thedarkness.com). Light 4 the Darkness hosts monthly Fireside Spiritual Chats, Drum Friendsie (a drum circle), Grounded Gardening and Generosity, Cooking Courageously, and our weekly Monday night Fellowship group. (See [Meetup](#) for event details)

¹ https://www.mentalhealthfirstaid.org/wp-content/uploads/2020/07/072220_MHFA_YouthOnePager.pdf and https://www.mentalhealthfirstaid.org/wp-content/uploads/2019/11/Mental-Health-First-Aid-Adults-One-Pager_2019.pdf