



nami Maine

National Alliance on Mental Illness

MENTAL HEALTH YOUTH EDUCATION

EXCLUSIVE PROGRAMS

SOURCES OF STRENGTH - Peer-led School Culture Program that develops positive attitudes among students related to mental health & help-seeking behavior

YOUTH MENTAL HEALTH FIRST AID - Certification course designed to help adults identify, understand, and respond to mental health situations involving youth

TEEN MENTAL HEALTH FIRST AID - Teaches high school students how to identify & respond to signs of mental health or substance use challenges among their friends & peers

VIRTUAL RESOURCES & INFO SESSIONS - Our "Mental Health Conversation" program shares basic info on how to recognize emerging mental health challenges & provide resources to connect with for support

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