

# YOUTH MENTAL HEALTH FIRST AID

## 64.1%

of youth with major depression do not receive any mental HEALTH TREATMENT.

*Mental Health America*

## 1 in 5

teens & young adults lives with a mental HEALTH CONDITION.

*National Alliance for Mental Illness*

## 5.13%

of youth report having a substance use or ALCOHOL PROBLEM.

*Mental Health America*

## Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) 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 illnesses in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

### WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

### The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) OR EMAIL [Info@MentalHealthFirstAid.org](mailto:Info@MentalHealthFirstAid.org).

## WANT TO TAKE THE COURSE?

Where: \_\_\_\_\_

When: Please contact Lisa Mena for scheduling options \_\_\_\_\_

Register Here: Lisa Mena 408-207-0070 ext. 5525 [LMena@MomentumMH.org](mailto:LMena@MomentumMH.org)



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