



# YOUTH MENTAL HEALTH FIRST AID

## TRAINING FOR ADULTS

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in youth. This 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 WILL PARTICIPANTS LEARN?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, eating disorders, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide therapy or counseling, but rather learn how to support a youth developing signs of a mental illness or in an emotional crisis by applying a five-step action plan.

### WHO CAN TAKE THE COURSE?

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with adolescents; teachers, social workers, coaches, youth group leaders, and other caring citizens.

### COURSE INFORMATION

- Blended format with both independent, self-paced and instructor-led interactive group learning.
- Choose one session from the following dates: **September 12 or 19, 9AM-3:30PM.**
- Upon registration, participants will receive access to the training website and online materials and are expected to complete an independent two-hour online training at least two days before the group session for which they registered.
- The interactive group session, facilitated by a certified YMHFA trainer, will be held from 9AM - 3:30PM with a one-hour break for lunch.
- Participants will need access to a computer, webcam, microphone, and speaker (usually a part of a standard laptop and some tablets) to participate in the course.
- There is no cost to participate in this training program.
- Registration is on a first-come, first-served basis and course capacity is limited. Register early!

TO REGISTER FOR THE COURSE VISIT:  
[bit.ly/YOUTHMHFA](https://bit.ly/YOUTHMHFA) (all caps!)

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AID VISIT [WWW.MENTALHEALTHFIRSTAID.ORG](http://WWW.MENTALHEALTHFIRSTAID.ORG)

