



## YOUTH MENTAL HEALTH FIRST AID



As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it's just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, "How can I be helpful?" that is a powerful question."

— **Alyssa Fruchtenicht**, school-based mental health counselor

### WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**64.1%**

of youth with major depression **do not receive any mental health treatment.**

– Mental Health America

**5.13%**

of youth report having a **substance use or alcohol problem.**

– Mental Health America

**1 IN 5**

teens and young adults **lives with a mental health condition.**

– National Alliance for Mental Illness

### THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online class, then participate in a 4- to 5-hour Instructor-led videoconference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online class, First Aiders will participate in a 4-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 6.5-hour Instructor-led in-person course.

### WHO SHOULD TAKE IT

- TEACHERS
- SCHOOL STAFF
- COACHES
- CAMP COUNSELORS
- YOUTH GROUP LEADERS
- PARENTS
- PEOPLE WHO WORK WITH YOUTH

### 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
- **New:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

#### 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.