

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 and 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

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

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.

Three Learning Options

- **Virtual.** First Aiders will complete a 2-hour, self-paced online class, and then participate in a 4-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

This program is made possible by our sponsors.



Facilitator certification underwritten by the Florida Department of Health in Hernando County

Training materials provided FREE for those living or working in or nearby Hernando County!
REGISTRATION REQUIRED.

Where: Online Zoom Virtual Course
 When: April 9, 2021 9:00am-2:30pm
 Register: <https://april9th2021ymhfa.eventbrite.co>

NATIONAL COUNCIL
 FOR BEHAVIORAL HEALTH