



MENTAL
HEALTH
FIRST AID

Youth

Mental Health First Aid Training

Youth Mental Health First Aid (MHFA) is the initial help given to a person showing signs of mental illness or a mental health crisis.

The 8-hour course teaches:

- Unique risk factors and warning signs of mental health problems in adolescents
- Builds understanding of the importance of early intervention
- How to help youth experiencing a mental health or substance use challenge

Youth MHFA does not prepare someone to diagnose or provide treatment. It helps service providers and community members who work with adolescents to recognize symptoms of mental health problems and provide initial help and guide them to appropriate professional resources.

Attendees of the full 8-hour course will receive a three-year certification in MHFA. They will also receive 8 CEUs. For more information about YouthMHFA, visit mentalhealthfirstaid.org

Visit alexandriava.gov/DCHS for class dates and registration.

The City of Alexandria is committed to compliance with the Americans with Disability Act, as amended. To request a reasonable accommodation or an alternative format, e-mail maurice.tomdio@alexandriava.gov or call 703.384.5244.



Department of
Community
and Human Services



Alexandria's
Mental Health
HOPE Cam-

