



- One in five teens and young adults live with a mental health condition – half develop the condition by age 14 and three-quarters by age 24. (National Alliance for Mental Illness)
- Suicide is the third leading cause of death in young people between the ages of 10 and 24, resulting in about 4,600 lives lost in the U.S. each year. (CBS News via Centers for Disease Control and Prevention)
- Anxiety disorders affect one in eight children. (Anxiety and Depression Association of America)

These are harrowing statistics, but there is good news: Faith leaders can make a dramatic positive influence, and all it takes is one day's time.

[Youth Mental Health First Aid](#) is a course that teaches how to help adolescents experiencing a mental health or addictions challenge or is in crisis. First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4-hour, Instructor-led videoconference

By recognizing signs of mental health distress and knowing how to communicate with individuals experiencing these scary moments, we can be part of an immensely impactful early intervention effort. If we identify problems early, we increase the chances people get the help they need as soon as possible.

**A FREE Youth-MHFA training for Faith Leaders coming in October through EveryMind.**

**Stay tuned for registration details.**

For more information, please contact Laura Laskofski, [llaskofski@every-mind.org](mailto:llaskofski@every-mind.org)