

# **YOUTH MENTAL HEALTH FIRST AID USA:**

## **FOR ADULTS ASSISTING YOUNG PEOPLE**



Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. It is designed to teach parents, family members, teachers, school staff, school nurses, coaches, church leaders, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health challenge or is in crisis.

### **What is the Course Content?**

- Introduction to common mental health challenges for youth
- Review of typical adolescent development
- 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics discussed include anxiety, depression, substance use, impact of trauma, school violence and bullying and self-care. Youth MHFA will include content applicable for adults working with youth experiencing other stressors, including the impact of social media.

The new virtual delivery option includes a 2-hour self-paced course followed by 4 hours of Instructor-led training delivered virtually through our learning management system (LMS). In order to provide adequate support for the students and maintain the efficacy of the course, a course led by one instructor will be limited to 10 participants.

### **Virtual Training Opportunities**

Each training consists of:  
2-hours of virtual self-paced work, followed by a 4-hour instructor-led virtual session on these dates!

January 19, 2021  
March 30, 2021  
September 9, 2021

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\$50 Registration includes electronic version of Youth Mental Health First Aid Participant Manual and Processing Guide

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Offered by  
Safe & Humane Schools

Clemson University

To register,  
[click here](#)  
and select your training date