



# 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 & 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*

## Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

### WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

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

- **Assess** for risk of suicide or harm
- **Encourage** appropriate professional help
- **Listen** nonjudgmentally
- **Encourage** self-help and other support strategies
- **Give** reassurance and information

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) OR EMAIL [Info@MentalHealthFirstAid.org](mailto:Info@MentalHealthFirstAid.org).

## WANT TO TAKE THE COURSE?

Where: Community and Cultural Center: 17000 Monterey Rd. Morgan Hill \_

When: various dates available

Register Here: See attached schedule or contact; Lisa Mena 408-207-0070 ext. 5525



MENTAL  
HEALTH  
FIRST AID®



Momentum for Mental Health and City of Morgan Hill  
are partnering to present:

## YOUTH MENTAL HEALTH FIRST AID

*YMHFA is an 8-hour course that teaches how to help adolescents experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help youth in both crisis and non-crisis situations.*

**Date:** Friday, January 24, 2020 **Time:** 8:30am-5pm  
**Location:** Morgan Hill Community and Cultural Center 17000 Monterey Rd  
Morgan Hill, CA 95037 **Room:** Diana Murphy  
**Registration:** <https://portal.mentalhealthfirstaid.org/firstaiders/signin?returnUrl=firstaiders>  
**Course ID:** 00158084

**Date:** Friday, February 7, 2020 **Time:** 8:30am-5pm  
**Location:** Morgan Hill Community and Cultural Center: 17000 Monterey Rd  
Morgan Hill, CA 95037 **Room:** Diana Murphy  
**Registration:** <https://portal.mentalhealthfirstaid.org/firstaiders/signin?returnUrl=firstaiders>  
**Course ID:** 00158075.

**Date:** Thursday, February 13, 2020 **Time:** 8:30am-5pm  
**Location:** Community Solutions: 9015 Murray Avenue, #100  
Gilroy, CA 95020 **Room:** Training Room  
**Registration:** <https://portal.mentalhealthfirstaid.org/firstaiders/signin?returnUrl=firstaiders>  
**Course ID:** 00158089

**Date:** Friday, March 6, 2020 **Time:** 8:30am-5pm  
**Location:** Morgan Hill Community and Cultural Center: 17000 Monterey Rd  
Morgan Hill, CA 95037 **Room:** Diana Murphy  
**Registration:** <https://portal.mentalhealthfirstaid.org/firstaiders/signin?returnUrl=firstaiders>  
**Course ID:** 00158079

**Date:** Friday, April 10, 2020 **Time:** 8:30am-5pm  
**Location:** Morgan Hill Community and Cultural Center: 17000 Monterey Rd  
Morgan Hill, CA 95037 **Room:** Diana Murphy  
**Registration:** <https://portal.mentalhealthfirstaid.org/firstaiders/signin?returnUrl=firstaiders>  
**Course ID:** 00158080

**Date:** Friday, May 8, 2020 **Time:** 8:30am-5pm  
**Location:** Morgan Hill Community and Cultural Center: 17000 Monterey Rd  
Morgan Hill, CA 95037 **Room:** Diana Murphy  
**Registration:** <https://portal.mentalhealthfirstaid.org/firstaiders/signin?returnUrl=firstaiders>  
**Course ID:** 00158081

*To register for a course, please create a profile, and use registration link/course ID for the training you would like to attend.*

<https://www.mentalhealthfirstaid.org/>

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