

YOUTH MENTAL HEALTH FIRSTAID

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.

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 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.

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 OR EMAIL 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 FIRSTAID

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