



# YOUTH MENTAL HEALTH FIRST AID

**First Aiders will complete a two hour, self-paced course online, and then a six hour, Instructor Led Session via Zoom.**

## What is Youth Mental Health First Aid?

Youth Mental Health First Aid (YMHFA) is an evidence-based training that teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

## What will you Learn?

The YMHFA course focuses on recognizing the patterns of thoughts, feelings, behaviors, and appearance that show there might be a challenge rather than on a specific disorder. You will learn an action plan for non-crisis and crisis scenarios.

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

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help & other support strategies

## Want to learn more?

[Mental Health First Aid® | Extension \(unh.edu\)](http://Mental Health First Aid® | Extension (unh.edu))

For persons with disabilities requiring special accommodations, please contact [sue.meatley@unh.edu](mailto:sue.meatley@unh.edu) prior to the event. Given ample time, we will make any reasonable effort to make accommodations.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

**Identify.  
Understand.  
Respond.**



**Virtual courses offered the first **WEDNESDAY** of each month**

Or schedule a training for your group. Available in-person, online, or blended for groups of 5 to 150+ participants.



**Extension**

## CONTACT

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