



# FREE YM HFA TRAINING

For Parents, Educators, or Other  
Youth Supporting Individuals

## ABOUT THE TRAINING

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**10.2%**

of youth will be  
diagnosed with a  
substance use disorder  
in their lifetime.

Source: Youth Mental Health  
First Aid\*\*

**1 IN 5**

teens and young adults  
live with a mental  
health condition.

Source: National Alliance for  
Mental Illness\*

**50%**

of all mental illnesses  
begin by age 14, and  
75% by the mid-20s.

Source: Archives of General  
Psychiatry\*\*\*

## WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.



**Date:**

October 14, 2024



**Time:**

9 AM to 3 PM

1 hour lunch break from 12-1



**Location:**

Over ZOOM

Link will be provided 1 day prior  
to training.

(requires completion of 2 hours  
online pre-work)



## YOUTH MENTAL HEALTH FIRST AID

### Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

**ASSESS** for risk of suicide or harm

**LISTEN** non-judgmentally

**GIVE** reassurance and information

**ENCOURAGE** appropriate professional  
help

**ENCOURAGE** self-help and other  
support strategies

## TO REGISTER

Scan QR Code or use link



[https://DC-YMHFA-  
10142024.eventbrite.com](https://DC-YMHFA-10142024.eventbrite.com)

For question please email Michelle Foster at  
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