

FREE YMHFA TRAINING

For Adults Helping Youth

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 lives 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.



Dates:

10/16/26, 11/7/26, 12/5/26



Time:

12p-4:30p on 10/16/26 and 8:30a-1p on 11/7/26 and 12/5/26

No official breaks



Location:

Online Event over ZOOM, link will be provided 1 day before training.

2 hours of online pre-work required to attend instructor led session.



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



<https://www.eventbrite.com/e/virtual-youth-mental-health-first-aid-tickets-1999616151738?aff=oddtcreator>

For question please email
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