

YOUTH MENTAL HEALTH FIRST AID

YMHFA Training hosted in Charlotte, North Carolina for teachers, educators, parents and community members.

State Grant will pay attendees \$150 for course and evaluation completion as a gift card

WHY YOUTH MENTAL HEALTH FIRST AID?

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.

TRAINING WILL BE HELD ON :



6/12/24 @ 8:00-3:30pm



6/13/24 @ 8:00-3:30pm



6/20/24 @ 8:00-3:30pm



6/21/24 @ 2-7:30PM ***



4/20/24 @ 8:00-3:30PM



5/30/24 @ 2-7:30PM ***



6/03/24 @ 2-7:30PM ***

***** This indicates the course is hybrid and learners must complete a 2-hour, self-paced online course, and participate in a 5-hour Instructor-led in-person training.**

LOCATIONS, MORE INFORMATION
OR TO REGISTER VISIT

bit.ly/clttraining

sign up today

Questions? YMHFACLT@gmail.com



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

- 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 and other support strategies.

Sources

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). Mental Health First Aid USA for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING®