

YOUTH MENTAL HEALTH FIRST AID

64.1%
of youth with major
depression do not
receive any mental
HEALTH TREATMENT

Mental Health America

1 in 5
teens & young adults
live 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
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

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: Education Service Center 2, 209 N Water St. Corpus Christi TX 78401

When: March 30, 2019 8:00am - 5:00pm Room 3-21 LUNCH PROVIDED

Register Here: www.esc2.net Workshop #1522742

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WANT TO TAKE THE COURSE?

Where: Education Service Center 2, 209 N Water St. Corpus Christi TX 78401

When: May 18, 2019 8:00am - 5:00pm Room 3-21 LUNCH PROVIDED

Register Here: www.esc2.net Workshop #1523678



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