



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 and young adults
lives 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

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 and other support strategies.

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth 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.

Three Learning Options

- **Virtual.** First Aiders will complete a 2-hour, self-paced online class, and then participate in a 4-hour, Instructor-led videoconference.
- **Blended Learning.** After completing a 2-hour, self-paced online class, First Aiders will participate in a 4-hour, in-person, Instructor-led class.
- **In-person.** First Aiders will receive their training as an 6.5-hour Instructor-led in-person course.

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 illness in this age group, including
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying



As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it's just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, 'How can I be helpful?' that is a powerful question."

— Alyssa Fruchtenicht, school-based mental health counselor

YOUTH MENTAL HEALTH FIRSTAID

Virtual training will be held on the following days/times via Zoom:

- Wednesday February 10, 2021
9:30am - 3:00pmPST
- Friday February 19, 2021
9:30am - 3:00pmPST
- Friday March 5, 2021
9:30am – 3:00pmPST
- Wednesday March 10, 2021
9:30am – 3:00pmPST
- Friday March 12, 2021
9:30am – 3:00pmPST
- Friday March 19, 2021
9:30am – 3:00pmPST

**Please note: break-time included*

To be registered for a training course:

You must be 18 years of age or older as this training focuses on adults who work/interact with youth ages 6-18

Please email LMena@MomentumMH.org your name/email/phone number/training date, you would like to attend
(Private trainings available upon request. Minimum 10 participants to schedule).

YMHFA training is free of cost thanks to a grant from SAMHSA