

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.

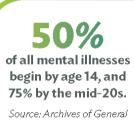
10.2%

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

Source: Youth Mental Health First Aid**



Mental Illness*



Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

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.

Take A Class!



WHEN: May 21, 10 am to 2:30 pm

WHERE: Phelps County Dream Center

12640 US 63, Rolla

REGISTER: Jamie Myers by 5/17

573-368-4755 or jamie@preventionconsultants.org

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

- A ssess for risk of suicide or harm.
- 📙 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. <u>https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/ Kids</u> ** Mental Health First Aid. (2020). Mental Health First Aid USA for adults assisting children and youth. National Council

And Treat in the Val. (2000), memory real arrest for OSA for addits associng Charlen and Youri Hardona Council for Mental Wellbeing.
*** Kessler, R., Berglund, P., Demler, O., Jin, R., Menkangas, 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.62.6593

Training is Free! But you must register and complete a pre-class, online module

Lunch will be provided. Please register by May 17