



# YOUTH MENTAL HEALTH FIRST AID

## 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 8-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.

**17% of youth (6-17 years) experience a mental health disorder (NAMI)**

**50% of all lifetime mental illness begins by age 14 (NAMI)**

**Suicide is the 2nd leading cause of death among people aged 10-34 (NAMI)**

*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 a subheading

### In this workshop, you will learn:

- Common signs and symptoms of substance use
- Common signs and symptoms of mental illness in this age group, including:
  - » Anxiety
  - » Depression
  - » Eating disorders
  - » Attention deficit hyperactive disorder (ADHD)

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 register, please click on the following link or scan the QR code:

<https://bit.ly/3Bs6b9B>



Training will be held on August 29, 2022 in the WEC (Chartville 1 & 2)

2707 Transworld Dr. Stockton

This training is made possible through funding from the Bureau of Justice STOP School Violence Funding. If you have any questions or need assistance, please email Rita Rasuli, rrasuliesjcoe.net

