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

**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 course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 8-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

**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 MentalHealthFirstAid.org or email Info@MentalHealthFirstAid.org.