

Mental Health First Aid for Youth

Description

Youth Mental Health First Aid programming focuses on how to recognize signs of psychological issues, addiction challenges or other crises in adolescents (age 12 to 18). Program materials are designed for parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens.

Participants in the 8-hour course become certified as Mental Health First Aiders for Youth. They learn a 5-step action plan encompassing the skills, resources and knowledge to help an adolescent in crisis and in non-crisis situations connect with appropriate professional, peer, social, and self-help care. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Testimonials:

“She seemed to be receptive to what I had to say because I’m also a young female and I was the only one who was calm throughout the entire process. She kept asking people if they believed her, and because I took the class I knew not to



take the attitude that she’s crazy and no one sees what she sees and certainly not lie to her. When she asked me if I believed her, I said, “I have no reason not to believe what you’re saying is or is not the truth.”

-Sarah EMT quote from www.mentalhealthfirstaid.org

Information



5-step action plan with skills and resources



8-hour course



to help youth who are experiencing a mental health crisis

How to recognize signs to help youth who are experiencing a mental health crisis.