

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 & 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

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:

- Anxiety
- Depression
- Eating disorders
- Attention deficit hyperactivity disorder (ADHD)

- Common signs and symptoms of substance use.

- How to interact with an adolescent in crisis.

- How to connect the adolescent with help.

WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

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 www.mhfamissouri.org OR EMAIL Info@mfamissouri.org.

WANT TO TAKE THE COURSE?

Where: Eldon Clinic Conference Room: 416 S. Maple St. Eldon, MO 65026

When: Wednesday, November 6th. 8am-5pm

Register Here: www.mhfamissouri.org and/or aunewman@compasshn.org



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