

Mental Health FIRST AID
*from* NATIONAL COUNCIL FOR MENTAL WELLBEING

# YOUTH MENTAL HEALTH FIRST AID

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

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

## 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***

**1 IN 5**
**teens and young adults lives with a mental health condition.**
*Source: National Alliance for Mental Illness**

**50%**
**of all mental illnesses begin by age 14, and 75% by the mid-20s.**
*Source: Archives of General Psychiatry****


Sources

* National Alliance on Mental Illness. (n.d.). *Kids.* https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids
** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, 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.62.6.593


## REGISTER TODAY!

### Delivery Format:

In-person. You must attend both days to complete the training.

### Date and Time:

December 1st and December 2nd from 4PM-8PM

### Location:

424 7th St. Rockford, IL

### Where to Register:

Contact- iraymundo@Rosecrance.org or Gespain@Brightpoint.org

**The course will teach you how to apply the MHFA Action Plan (ALGEE):**

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

When registering please include your name, email and phone number if possible for each person attending. Thank you!