



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# 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 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\*\*\*

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

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

## WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

## Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

**Assess** for risk of suicide or harm.

**Listen** nonjudgmentally.

**Give** reassurance and information.

**Encourage** appropriate professional help

**Encourage** self-help and other support strategies.

## HOW DO I GET TRAINED?



This is an in-person 8-hour training

Saturday, November 16, 2024

9am-5pm

Third Presbyterian Church

9990 Lewis and Clark

St. Louis, MO 63136

## REGISTRATION

To register for this training, please visit [www.flourishstl.org](http://www.flourishstl.org)



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