

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

Register to attend the Youth Mental Health First Aid Course sponsored by the Palm Beach County Substance Awareness Coalition and the School District of Palm Beach County.

Where: Bridges of Belle Glade, 33 West Ave A, Belle Glade, FL 33430

When: Thursday, January 31, 2019; 8:30 a.m. - 5:00 p.m.

To register email: Your Name, Position, Organization, and request to attend the

YMHFA Course on January 31, in Belle Glade, to Nancy.Reese@palmbeachschools.org



MENTAL
HEALTH
FIRST AID®