



# 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 and 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 illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### Dates:

**March 26: 9:30am-2pm**

**April 12: 9:30am-2pm**

**May 13: 3:30pm-8pm**

**May 25: 3:30pm-8pm**

**June 2: 3:30pm-8pm**

**FREE!**

### Who Should Take It?

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

## What it Covers

- Common signs and symptoms of mental illness 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 a child or adolescent in crisis
- How to connect the person with help
- **NEW: Expanded content on trauma, addiction and self-care and the impact of social media and bullying**

## The course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm.
- Listen non judgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies

## Virtual.

First Aiders will complete a 2-hour, self-paced online class, then participate in a 4- to 5-hour Instructor-led videoconference.

Space is LIMITED to first 8 registrants on each date! How to Register:

APS Staff: In Frontline, search YMHFA.

Community Members/Parents: Email [Jennifer.Lambdin@apsva.us](mailto:Jennifer.Lambdin@apsva.us) (indicate name and date interested in the course)