



YOUTH
MENTAL
HEALTH
FIRST AID®

WELCOME TO

YOUTH MENTAL HEALTH FIRST AID FOR ADULTS ASSISTING YOUNG PEOPLE

We are so happy to have you join us! This document will provide you with an overview of Youth Mental Health First Aid USA®, its origins, and what you can expect to learn and receive during your upcoming course.

ABOUT YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid USA is a public education program that introduces you to the unique risk factors and warning signs of mental health problems in adolescents and transitional aged youth, builds understanding of the importance of early intervention, and teaches you how to help a young person in crisis or experiencing a mental health challenge. The course uses role-playing and simulations to demonstrate how to recognize a mental health crisis, provide initial help and connect young people to professional, peer, social, and self-help care.

Originating in Australia in 2001, Mental Health First Aid has since expanded to more than 24 countries. [The National Council for Behavioral Health](#) was instrumental in bringing Mental Health First Aid to the United States in 2008 and to date, more than **1 million First Aiders** have been trained!

WHAT YOU WILL LEARN

The course teaches the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. You **do not** learn to diagnose, or how to provide any therapy or counseling – rather, you will learn to support youth developing signs and symptoms of a mental illness or in an emotional crisis by applying our five-step action plan.



AGENDA

PART I

- What is Youth Mental Health First Aid®?
- Adolescent development and mental health problems in youth
- What you may see:
 - Signs and symptoms
 - Risk factors and protective factors
- Mental Health First Aid® Action Plan

LUNCH BREAK

PART II

- Using the Mental Health First Aid® Action Plan:
 - In non-crisis situations.
 - In crisis situations.

WHAT TO EXPECT

Youth Mental Health First Aid is an interactive program that relies on your participation. Your instructor(s) will share great information that you will be able to immediately put into action through lively discussions, interesting videos and engaging activities. Sometimes the topic of mental health and substance use can be difficult to discuss. We want to make sure that you have an enjoyable experience, so feel free to opt out of any exercise that makes you feel uncomfortable for any reason. Your instructor(s) will alert you to some activities that they may choose to avoid if you, or someone close to you has had experience with particular symptoms or illnesses.

WHAT YOU WILL RECEIVE

Youth Mental Health First Aid Manual

Youth MHFA manual is a complementary resource to the course and was created through a project with the *National Technical Assistance Center for Children's Mental Health* at Georgetown University. Each chapter provides topic-specific content, resources to access additional help or information as well as reviews action steps to take when assisting someone in need.

Resource Guide

Your certified Mental Health First Aid Instructor(s) will provide you with a list of community healthcare providers, national resources, support groups, and online tools for mental health and substance use treatment and support.

Certificate of Completion

After successful completion of the full course and a brief quiz and course evaluation, you will receive an electronic or printed certificate which is valid for up to three years following the training.

We know that mental health problems are common, they often develop during adolescence and the sooner that a young person gets help, the more likely they are to have a positive outcome. By participating in your upcoming Youth Mental Health First Aid course, you will increase your knowledge, skills and confidence in supporting the young people in your community.

For more information on Youth Mental Health First Aid, visit www.mentalhealthfirstaid.org.

