



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

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.

For more information, contact:
Richard Heflin
richard.heflin@region10.org
972-348-1674

YOUTH MENTAL HEALTH FIRST AID is designed to teach parents, family members, caregivers, teachers, neighbors, and a host of other caring citizens; how to help an adolescent who is experiencing a mental health or addiction challenge or is in crisis. Its primary focus, however, is to better inform adults who regularly interact with struggling young people.

Designed to make a positive impact, this course identifies common mental health challenges, reviews typical adolescent development behaviors, and details a 5-step action plan on how to help young people in both crisis and non-crisis situations.

Provided by educators for educators, topics include:

- Common signs and symptoms of mental illness in this age group, such as:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactive 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

FREE to all Region 10 schools, this course will be delivered in a **virtual format**. It includes 2 hours of self-paced pre-work, a 4.5 hour virtual in-person classroom through Zoom. Participants are **required to have a video camera**. Additional information will be sent to enrolled participants.

Dates (click to register)	
JAN 20 • 8:30 a.m. – 1:00 p.m. Mental Health First Aid	FEB 3 • 8:30 a.m. – 1:00 p.m. Mental Health First Aid
FEB 17 • 8:30 a.m. – 1:00 p.m. Mental Health First Aid	MAR 3 • 8:30 a.m. – 1:00 p.m. Mental Health First Aid
MAR 24 • 8:30 a.m. – 1:00 p.m. Mental Health First Aid	