

# 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

To schedule a free course at your site email [YMHFAinfo@education.ky.gov](mailto:YMHFAinfo@education.ky.gov).

For more information about the course visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).

**“As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it’s just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, ‘How can I be helpful?’ that is a powerful question.”**

—Alyssa Fruchtenicht, *School-based Mental Health Counselor*



**MENTAL  
HEALTH  
FIRST AID®**