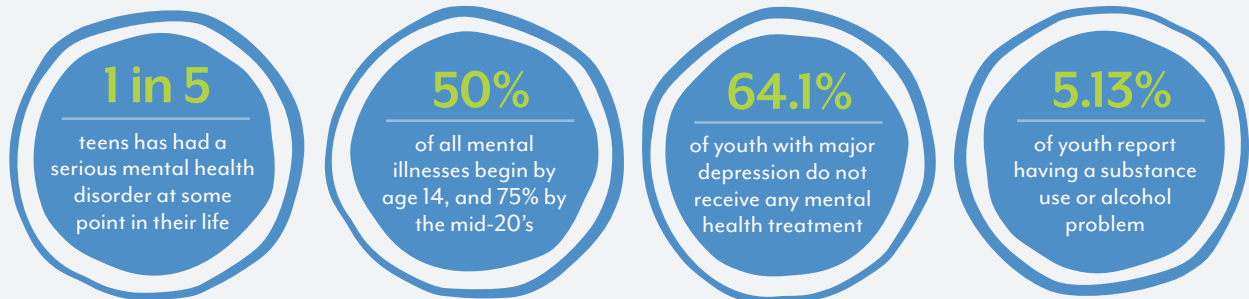




YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is a 6-hour training course developed by the National Council of Behavioral Health that teaches individuals how to identify, understand and respond to signs of mental illness and substance use disorders in youth and peers.



WE OFFER

Youth Mental Health First Aid for Adults

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

Who Should Take This Course

Teachers	School Staff	Coaches	Parents
Camp Counselors	Youth Group Leaders	People Who Work With Youth	

What Does This Course Cover

Common signs and symptoms of mental illness in this age group, including:

- Anxiety
- Depression
- Eating Disorders
- Attention Deficit Hyperactive Disorder (ADHD)
- How to Interact with a Child or Adolescent in Crisis
- How to Connect the Person with Help
- Trauma
- Addiction
- Impact of Social Media & Bullying
- Self-Care

“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 chose to be that way – or that it’s just part of adolescence. But in fact, they might be in 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.”

Alysa Fruchtenicht, school-based mental health counselor

Teen Mental Health First Aid

This training available in English and Spanish teaches high school students how to identify, understand and respond to signs of mental illnesses and substance use disorders among their friends and peers. The training gives students the skills to have supportive conversations and invite a trusted adult to take over if necessary.

Who Should Take This Course

High School Students in Grades 10, 11 and 12

High Schools, Organizations Partnering with Youth-Serving Organizations

What Does This Course Cover

The course will teach students how to apply the teen MHFA Action Plan to help a friend:

- Look for Warning Signs
- Listen Up
- Your Friendship is Important
- Ask How They Are
- Help Them Connect with an Adult

**INTERESTED TO LEARN HOW TO BRING THIS VITAL TRAINING TO YOU?
CONTACT NINA MENIS AT NINA@KIDSMATTER2US.ORG TO GET CONNECTED.**

Support provided by the DuPage County Transformation Partnership, a collaboration between DuPage County and DuPage Foundation. Additional support is also provided by Edward-Elmhurst Community Investment Fund and Linden Oaks Behavioral Health.

