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

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.

| 64.1% of youth with major depression do not receive any mental health treatment. |
| 5.13% of youth report having a substance use or alcohol problem. |
| 1 in 5 teens and young adults lives with a mental health condition. |

WHO SHOULD TAKE IT

- TEACHERS
- SCHOOL STAFF
- COACHES
- CAMP COUNSELORS
- YOUTH GROUP LEADERS
- PARENTS
- PEOPLE WHO WORK WITH YOUTH

Attend one of two training days:

THURS, DEC. 9, 2021 (9AM – 3PM)

THURS, JAN. 13, 2022 (9AM – 3PM)

REGISTER:

CAPE ASSIST

WWW.CAPEASSIST.ORG/MHFIRSTAID

Temerity Berry
Senior Prevention Specialist
temerity@capeassist.org
(609) 522-5960

Each 5-hour class will be held virtually via Zoom, with an hour break and 2 hours of online pre-work ahead of time. Attendance is mandatory at only one training.