

Youth Mental Health First Aid



Who should know Mental Health First Aid?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- Adults who work with youth

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

*Source: Youth Mental Health First Aid***

1 in 5

teens and young adults lives with a mental health condition.

*Source: National Alliance for Mental Illness**

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

*Source: Archives of General Psychiatry****

Register today!

Delivery Format:

In-Person Instruction
Open to the Community *MUST PRE REGISTER*

Date and Time:

May 1, 2024
9:00 AM - 3:00 PM - Lunch Provided

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

Location:

Toms River Fire Training Center
1780 Church Road Toms River, NJ 08753

Where to register:

Register Online:
<http://tinyurl.com/YMHFATRMAY>



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HEALTH

**Institute for
Prevention
and Recovery**



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Sources:

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). Mental Health First Aid USA for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593