

# 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 live 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 the appropriate care.

### WHAT IT COVERS

Common signs and symptoms of mental illnesses in the 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

### This course will teach you how to apply the ALGEE action plan:

- Access for risk of suicide or harm
- Listen nonjudgementally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

## WANT TO TAKE THE COURSE?

*Sponsored by Anne Marie Project*

**Where:** United Way of Central Missouri, 205 Alameda Dr. Jeff City, MO 65109

Limited Seating - Masks are welcome but not required

**When:** Thurs. July 23, 2020 @ 8 am. **BRING \$10 FOR LUNCH**

**Register Here:** Email Autumn Newman to register: [aunewman@compasshn.org](mailto:aunewman@compasshn.org)



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ANNE MARIE  
PROJECT



United Way of Central Missouri