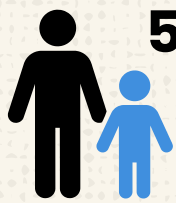


Youth Mental Health First Aid



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.



50%

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



10.2%

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

1 in 5



teens and young adults lives with a mental health condition.

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID?

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents

WHAT IT COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use challenges
- How to interact with a child or adolescent in crisis
- How to connect the youth with help
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying

Attendees will complete a 2-hour self-paced online course, and participate in a 6-hour online, instructor-led training class.

This course will empower you to support youth in crisis with confidence and effectiveness.

Enrollment is open to residents of the United States and Canada only.

REGISTER NOW AND SECURE YOUR SPOT TODAY!