



**MENTAL  
HEALTH  
FIRST AID**

## Youth Mental Health First Aid Training

Youth Mental Health First Aid USA is an 8 hour certification course coordinated by the National Council for Behavioral Health. This course introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

### **WHAT WILL PARTICIPANTS LEARN?**

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan.

*The Youth Mental Health First Aid USA curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12- 18.*

### **WHO SHOULD TAKE THE COURSE?**

The course is designed for adults who regularly interact with adolescents (teachers, coaches, youth group leaders, police/probation officers, parents, etc.). *This course is not intended for mental health professionals as it teaches the basics of understanding mental health in youth and accessing resources.*

Since 2008, the core Mental Health First Aid course has been successfully offered to hundreds of thousands of people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

**Youth Mental Health First Aid is listed in SAMHSA's National Registry of Evidenced Based Programs and Practices and is approved as one of the curriculums that meet the professional development requirement of Act 71. Professionals and educators may be eligible for CEU's.**

### **HOW MUCH DOES THE COURSE COST?**

We are working very hard to keep this course at an affordable cost. We feel that it is a valuable training for the community and should be accessible to everyone. There are already some grants in place to cover the majority if not all of the cost depending upon the county where the training is to be held.

*To set up a course or for more information contact Debra Youngfelt at:*

**dyoungfelt@ecpaahec.org or 610-379-2001**

or visit the website at [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

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