



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# 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.

**The most common illnesses of childhood & adolescence are mental health disorders."**

- Harold Koplewicz, M.D.,  
President & Medical Dir.  
Child Mind Institute

**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\*\*

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Parents/Caregivers
- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Adults who Work with Youth.

## WHAT MENTAL HEALTH FIRST AID 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.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A** ssess for risk of suicide or harm.
- L** isten nonjudgmentally.
- G** ive reassurance and information.
- E** ncourage appropriate professional help.
- E** ncourage self-help and other support strategies.

## REGISTER TODAY!

### COURSE TAUGHT ONLINE

### NEXT CLASS DATE & TIME:

**Thursdays, March 26th & April 2nd, 2026**  
**6:00-8:30 PM**

### TO SIGN UP OR ASK QUESTIONS:

**Email Susan Orban at [wccc@washcokids.org](mailto:wccc@washcokids.org)**

This 6.5 hour **evidence-based** course is taught in a Blended Format. Learners complete a 2-hour, *self-paced* portion online and then attend two 2.5 hour (with breaks) *Instructor-led* skill-building training sessions online via ZOOM.