



Who should take it?

- + Adults who regularly interact with adolescents
 - Teachers – CEUs available
 - School staff
 - Coaches
 - Youth group leaders
 - Parents
- + Juniors and Seniors in High School may take it with parental permission

What is Youth Mental Health First Aid?

- + An 8-hour public educational training
- + Help offered to a youth (age 12-18) developing a mental health problem or experiencing a mental health crisis

What will you learn?

- + Risk factors and warning signs of a variety of mental health challenges common among adolescents
- + Mental Health First Aid for non-crisis situations
- + Mental Health First Aid for crisis situations



Why Mental Health First Aid?

- + Mental health problems are common – half of all mental disorders begin by age 14 and three-fourths by age 24
- + Youth and young adults may experience mental health problems differently than adults
- + The sooner an individual gets help, the more likely they are to have a positive outcome
- + Youth may not be well informed about mental health issues
- + Professional help is not always on hand

Where can you be trained?

- + Offered FREE of charge by Fairfield County ADAMH Board
- + At various locations throughout Fairfield County
- + Check the home page of ADAMH website (www.fairfielddadamh.org) for upcoming trainings
- + Easy online registration or call the office (740-475-1984)



Who created the course?

- + Youth Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health