



YOUTH MENTAL HEALTH FIRST AID

TRAINING INFORMATION

WHAT IS YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches how to identify, understand, and respond to signs of mental illnesses and substance use disorders in youth. This 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 to the appropriate 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, eating disorders, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide therapy or counseling, but rather learn how to support a youth developing signs of a mental illness or in an emotional crisis by applying a five-step action plan.

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

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

WHO CAN TAKE THE COURSE?

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with adolescents; teachers, coaches, youth group leaders, parents, neighbors, and other caring citizens.

COURSE INFORMATION

- Training session offered: **Saturday, November 23, 8AM-4PM** at the **Northville Township Hall**. There will be a one-hour break for lunch on your own.
- Upon completion of the course participants will be YMHFA certified for a period of three years. Participants must attend the full training to be eligible for certification.
- There is no cost for the course or for training materials as the program is sponsored by Northville Youth Network.
- Registration is required and on a first-come, first-served basis as course capacity is limited. Register early! A waitlist will be kept for future training sessions. We kindly request that you only register for the course if you are certain of your availability on the training day and can attend the full session.
- CEU's are available for Northville Public Schools staff only.

TO REGISTER FOR THE COURSE VISIT:
bit.ly/nynyouth (all lowercase!)



THIS PROGRAM IS SPONSORED BY



TO LEARN MORE ABOUT YOUTH MENTAL HEALTH FIRST AID VISIT:
WWW.MENTALHEALTHFIRSTAID.ORG

