



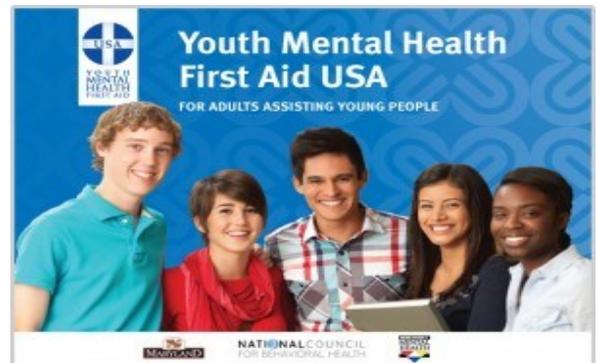
# MENTAL HEALTH FIRST AID®

**Youth Mental Health First Aid** Youth Mental Health First Aid USA is an 8 hour public education program which 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:

- ◇ Assess for risk of suicide or harm
- ◇ Listen nonjudgmentally
- ◇ Give reassurance and information
- ◇ Encourage appropriate professional help
- ◇ Encourage self-help and other support strategies

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, school staff, coaches, youth group leaders, parents, etc.), but is being tested for appropriateness within older adolescent groups (16 and older) so as to encourage youth peer to peer interaction.

This course is funded by Mental Health America of Indiana

**Weds May 24th 8:30am-12:30pm and  
Thursday May 25th from 12:30pm-4:30pm  
at 1801 Smith St. Area Five Agency.  
Logansport, IN**

**YOU MUST ATTEND BOTH SESSIONS FOR CREDIT  
REGISTRATION IS REQUIRED**

**Register via [Facebook](#) or our [website](#):**

**<http://ysainc.org/events/categories/youth-mental-health-first-aid/>**

Or email [nikki@ysainc.org](mailto:nikki@ysainc.org)