

YOUTH MENTAL HEALTH FIRST AID (YMHFA) TRAINING

Offered in 23 countries and all 50 states, Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people ages 12-18. This may include teachers, parents, coaches, clergy, health and human services workers, etc. The course covers common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan (ALGEE) for how to help young people in both crisis and non-crisis situations.

YMHFA training reviews some of the various mental health challenges young people may experience, such as anxiety, depression, eating disorders, and attention deficit/hyperactivity disorder. The course discusses the unique risk factors and warning signs of mental health problems in adolescents. The training is very interactive, allowing participants to remain engaged throughout the eight hour session. Participants are also given the opportunity to practice the 5-step action plan learned during the training. YMHFA builds mental health literacy, helping individuals identify, understand and respond to signs of mental illness. The course strives to eliminate the stigma often associated with mental illness.

Upon successful completion of the training, including passing an end of course exam, individuals are certified in YMHFA for a three year period. In addition to certification, individuals receive a 140 page manual containing extensive information on various mental health disorders and lists of resources. As part of the training, individuals will also receive information on local mental health resources.

To find a course in your area, log on to www.mentalhealthfirstaid.org. Many courses are offered **FREE** of charge.