Youth Mental Health First Aid

Youth Mental Health First Aid (YMHFA) teaches adults how to identify, understand, and respond to mental health challenges among youth.

The Youth Mental Health First Aid Action Plan can be used in any order.

A



Approach, assess for risk of suicide or harm.

Try to find a suitable time or place to start the conversation with the person, keeping their privacy and confidentiality in mind. If the person does not want to confide in you, encourage them to talk to someone they trust.

L



Listen nonjudgmentally.

Many people experiencing a challenge or distress want to be heard first, so let the person share without interrupting them. Try to have empathy for their situation. You can get the conversation started by saying something like, "I noticed that ..." Try to be accepting, even if you don't agree with what they are saying.

G



Give reassurance and information.

After someone has shared their experiences and emotions with you, be ready to provide hope and useful facts.

E



Encourage appropriate professional help.

The earlier someone gets help, the better their chances of recovery. So, it's important to offer to help this person learn more about the options available to them.

E



Encourage self-help and other support strategies.

This includes helping them identify their support network, programs within the community, and creating a personalized emotional and physical self-care plan.

Don't suffer in silence.

Call or text 988 if you or someone you know is in distress or considering suicide. You can also speak with 988 Suicide & Crisis Lifeline at 988Lifeline.org

If it's a medical emergency, CALL 911.

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Mental Health FIRST AID
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