

# Youth Mental Health First Aid



## Who should know Youth Mental Health First Aid?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- Adults who work with youth

## Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**10.2%**  
of youth will be  
diagnosed with a  
substance use disorder  
in their lifetime.

Source: Youth Mental  
Health First Aid\*\*

**1 in 5**  
teens and young adults  
lives with a mental  
health condition.

Source: National Alliance  
for Mental Illness\*

**50%**  
of all mental illnesses  
begin by age 14, and  
75% by the mid-20s.

Source: Archives of General  
Psychiatry\*\*\*

## What Mental Health First Aid covers

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

## Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

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

## Training Formats

- **In-person 1 Day** – Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **In-person 2 Day** – Learners receive their training during two 4-hour, Instructor-led, in-person sessions.
- **Blended, In-person 1 Day** – Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, in person session.
- **Blended, Virtual 1 Day** – Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, virtual session.

For more information or to schedule a training, please contact [sarah.comey@rwjbh.org](mailto:sarah.comey@rwjbh.org).

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Prevention  
and Recovery**

 **Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

## Sources:

\* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

\*\* Mental Health First Aid. (2020). Mental Health First Aid USA for adults assisting children and youth. National Council for Mental Wellbeing.

\*\*\* Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593