



# YOUTH MENTAL HEALTH FIRST AID

**64.1%**  
of youth with major depression do not receive any mental HEALTH TREATMENT.  
*Mental Health America*

**1 in 5**  
teens & young adults lives with a mental HEALTH CONDITION.  
*National Alliance for Mental Illness*

**5.13%**  
of youth report having a substance use or ALCOHOL PROBLEM.  
*Mental Health America*

## Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour 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.

### WHO SHOULD TAKE IT

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

### WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
  - ↳ Anxiety
  - ↳ Depression
  - ↳ Eating disorders
  - ↳ Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

### The course will teach you how to apply the ALGEE 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

This Free Grant Funded Training is sponsored by the Washington County Coalition of Children and Healthy Bodies, Healthy Minds of Washington County, The NKSD Office of Family Learning

*Free*

**Youth Mental Health First Aid Training**  
Open to parents and people who work with children of all ages

**Saturday, October 19th, 8:30-4:30**  
**at Davisville Academy**  
**50 East Court, North Kingstown, RI**



Lunch will be served & bus transportation is available at the following stops:

Pine River Dr.   King's Grant   Kingstown Crossings   Union Drive at Heritage  
Yorktown Park   7255 Post Road

**Registration required! Please call 401-541-6353 or email [cindy\\_bowe@nksd.net](mailto:cindy_bowe@nksd.net) by 10/15/19**