

Brought to you by:



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 and 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 illness and substance use disorders in youth. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Cost & What it Covers

COST: \$65/person

- Participant Manual & Materials
- Nationally Accredited Certification (good for 3 years)
- Lunch included

Who Should Take it

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

The course will teach you how to apply the **ALGEE** action plan:

- **A**ssess for risk of suicide or harm.
- **L**isten non-judgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Join us in-Person

Date: Friday, February 24, 2023

Time: 8:00AM—4:00PM

Location: Severna Park Community Center

623 Baltimore Annapolis Blvd, Severna Park, MD

Register: by Monday 2/13



Your Youth Mental Health First Aid Instructor



Lauren N. Jenkins, LCPC