



**MENTAL
HEALTH
FIRST AID®
MARYLAND**



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 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.

WHAT DOES THE TRAINING COVER?

- Common signs & symptoms in this age group, including:
 - Anxiety
 - Depression
 - Eating Disorders
 - Attention Deficit Disorder (ADHD)
 - Substance Use
- How to help an adolescent who may be developing a mental health problem or may be in crisis
- How to connect the adolescent with help

WHO SHOULD TAKE THE TRAINING?

- Teachers & School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- People Who Work With Youth

ALGEE ACTION PLAN:

- ASSESS FOR RISK OF SUICIDE OR HARM
- LISTEN NONJUDGEMENTALLY
- GIVE REASSURANCE & INFORMATION
- ENCOURAGE APPROPRIATE PROFESSIONAL HELP
- ENCOURAGE SELF-HELP & OTHER SUPPORT STRATEGIES

A CHANGED MINDSET:
A MARYLAND TEACHER REPORTED THAT AFTER ATTENDING A YOUTH MHFA TRAINING, SHE WAS ABLE TO IDENTIFY A STUDENT AT RISK & KNEW HOW TO HELP.

Join the **4,000+ school personnel & community members in Maryland** who have been trained in Youth Mental Health First Aid.

"ONE OF THE BEST & PROBABLY THE MOST IMPORTANT TRAININGS I HAVE PARTICIPATED IN."
- A TEACHER WHO RECENTLY BECAME CERTIFIED AS A FIRST AIDER

TO FIND A COURSE OR TO BECOME AN INSTRUCTOR IN MARYLAND, VISIT:
www.mhfamaryland.org or email mhfatraining@mhamd.org