



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

**FREE, a \$175 value**

# YOUTH MENTAL HEALTH FIRST AID, LIKE CPR, BUT FOR THE MIND

A young person you know could be experiencing a mental health challenge or crisis. Learn what to do.

**Youth Mental Health First Aid** — is a skills-based training that introduces adults to the unique risk factors and warning signs of mental health concerns in youth ages 12 - 18, builds understanding of the importance of early intervention, and teaches individuals how to help youth in crisis or who may be experiencing a mental health or substance use challenge.

The COVID  
19 pandemic  
has taken a  
devastating toll,  
especially on  
our youth.

**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

**Suicide is the  
2nd leading  
cause of  
death among  
adolescents.**

Source: Centers for Disease  
Control & Prevention



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## Why is Youth Mental First Aid Important?

Like physical illnesses, the sooner mental illness is diagnosed and treated, the better the outcomes. Youth Mental Health First Aid teaches adults how to identify, understand, and respond to signs of mental illness and substance use disorders in youth ages 12 – 18. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

## What it 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.

## Who Should Know Youth Mental First Aid?

- |                          |                                   |                                  |
|--------------------------|-----------------------------------|----------------------------------|
| ➤ Teachers               | ➤ Coaches/mentors                 | ➤ Parents/guardians              |
| ➤ School staff           | ➤ Youth group leaders             | ➤ Adults who interact with youth |
| ➤ School/camp counselors | ➤ Juvenile Court officers & staff |                                  |

## Learning Options:

- **In-person:** 8-hour, instructor-led, in-person course.
- **Blended:** 2-hour, self-paced online course and then participate in a 6-hour, instructor-led training. This part of the instructor-led blended training can be done as:
  - A virtual course
  - An in-person course

## What Will Participants Receive?

- **FREE** training and manual valued at \$175.
- **Certification** in Mental Health First Aid from the National Council for Mental Wellbeing.
- **Practical skills** for responding when you feel at a loss for words.
- **Increased knowledge** about mental health and substance use issues.

## Learn More:

Contact the Pima County Health Department for more information or to schedule a training. Email [CMHA@Pima.gov](mailto:CMHA@Pima.gov) or call 520-724-7470.



**PIMA COUNTY**  
HEALTH DEPARTMENT



Governor's Office  
of Youth, Faith  
and Family

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