



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# YOUTH MENTAL HEALTH FIRST AID

## WHO SHOULD KNOW 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\*\*\*

## Training Details:

Saturday, October 12 from 8:30am to 4:00pm

LUNCH WILL BE PROVIDED (You must register for the training)

Messiah Lutheran Church

(5015 S 80th St, Ralston, NE 68127 )

Please complete the form

(link below or by scanning the QR code) by October 6th.

[Registration Form Link](#)

Youth/In Person Mental Health First Aid Training Registration

October 12

