



# YOUTH MENTAL HEALTH FIRST AID

## 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

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- 4-H Volunteers
- Teachers.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

## WHAT MENTAL HEALTH FIRST AID 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.

## DELIVERY FORMAT

- Participants (ages 18+) will complete a 2-hour self-paced online introduction prior to attending a live, instructor-led Zoom session(s). Participants will choose one of the following options for their instructor-led session when they pre-register for the training:
  - **Option #1 - April 14 & 16, 2026 @ 5:30 - 8:30 pm**
    - (Registration deadline for Option #1 is April 7)
  - **Option #2 - May 26 & 28, 2026 @ 5:30 - 8:30 pm**
    - (Registration deadline for Option #2 is May 12)

## Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

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

## HOW TO REGISTER

- Participants may register for this training for free thanks to a grant from the Great Lakes Rural Opioid Technical Assistance Regional Center.
- Register online at: <https://events.anr.msu.edu/ymhfa26rural/>

## FOR MORE INFORMATION

- <https://www.canr.msu.edu/mental-health-first-aid/>