

Youth Mental Health First Aid

Training for adults supporting adolescents ages 12-18



Join us for this **FREE** Youth Mental Health First Aid Class

What is Mental Health First Aid?

Learn how to identify, understand and respond to signs of mental health and substance use disorders.

What you will learn:

This 7-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.

The course covers the common signs and symptoms of mental illnesses in this age group, including anxiety, depression, eating disorders, and attention deficit hyperactivity disorder (ADHD). In addition, attendees will learn about the common signs and symptoms of substance use, how to interact with an adolescent in crisis, and how to connect the adolescent with help.

Who should know mental health first aid:

This course is especially helpful for teachers, school staff, coaches, camp counselors, youth group leaders, parents and other people who work with youth.

Tuesday, October 7, 8:30 a.m. to 3:30 p.m.

**Village Hall, Community Room
1 Veterans Parkway, New Lenox**



Register today!

Presented by the
Village of New Lenox
Safe Community Coalition
in partnership with
Sertoma Star Services



According to Mental
Health America,
64.1% of youth
with major depression
do not receive
any mental health
treatment

5.13% report
having a substance use
or alcohol problem

1 in 5 teens
and young adults' lives
with a mental health
condition according to
the National Alliance for
Mental Illness

Additional information regarding Mental Health First Aid can be found at www.mentalhealthfirstaid.org.

Questions regarding this training may be directed to Gia Washington, gwashington@sertomastar.org (708)748-1951 ext 418