



Youth Mental Health First Aid

Polk County August 7th 8:30-5:00 at Steps to Hope Columbus, NC by Smoky Mountain LME/MCO
Community Outreach Team Ann DuPre Rogers and Marilyn Kaylor

Combat Stigma, Help in a Crisis, Promote Wellness

About Youth Mental Health First Aid

Youth Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. The 8-hour course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide or is struggling with substance abuse.

Goals of the Training

- Recognize the potential risk factors and warning signs of a variety of mental health challenges common among adolescents, including: depression, anxiety, psychosis, eating disorders, AD/HD, disruptive behavioral disorders, and substance use disorders.
- Use a 5-step action plan to help a young person in crisis connect with appropriate professional help.
- Understand the prevalence of various mental health disorders in youth within the U.S. and the need for reduced negative attitudes.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help a young person with a mental health problem treat and manage the problem and achieve recovery.

Who should attend?

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, law enforcement and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

Registration Information

Course is 8:30 to 5:00 with a 30 minute lunch break. The course is provided at no cost. Participants are responsible for their own food and drink. Register at <http://events.constantcontact.com/register/event?llr=pqthpymab&oeidk=a07e9b5iv0l71404db0>

We look forward to seeing you!