

YOUTH MENTAL HEALTH FIRST AID



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

WHY MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid (YMHFA) teaches how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. **Cost:** Free with ROPTA.



WHAT DOES YOUTH MENTAL HEALTH FIRST AID COVER?

- Common signs and symptoms of mental health challenges in youth, including anxiety, depression, eating disorders, and ADHD.
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect youth with help.
- Expanded content on trauma, substance use, self-care, and the impact of social media and bullying.

WHO SHOULD TAKE YOUTH MENTAL HEALTH FIRST AID?

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who interact with Youth

HOW DO YOU LEARN MENTAL HEALTH FIRST AID?

- **IN-PERSON** - Learners receive their training during a 6.5-hour, instructor-led in-person session.
- **VIRTUAL** - Learners complete a 2-hour, self-paced online course, and participate in a 6-hour, instructor-led virtual training.

10.2%

OF YOUTH WILL BE
DIAGNOSED WITH A
SUBSTANCE USE
DISORDER
IN THEIR LIFETIME.

1 IN 5

TEENS AND YOUNG
ADULTS
LIVE WITH A MENTAL
HEALTH CONDITION.



**CONNECT WITH ROPTA
TO LEARN MORE!**



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www.MarylandROPTA.org