

# YOUTH MENTAL HEALTH FIRST AID



**WHEN:** Thursday, June 27<sup>th</sup>, 2019  
9am-5pm

**WHERE:** Highlands Family Success Center,  
1546 Union Valley Road, West Milford, NJ

**COST: FREE! \***

**REGISTER:** [info@highlandsfsc.org](mailto:info@highlandsfsc.org)  
Or call (973) 506-6575

\*Free to West Milford Township residents. If you are not a township resident but work with West Milford youth, please email for more info on eligibility.

## Youth Mental Health First Aid

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

**WHAT WILL PARTICIPANTS LEARN?** The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including **anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders, and substance use disorder**. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis.

**WHO SHOULD TAKE THE COURSE?** The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.). The Youth Mental Health First Aid USA curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

**Sponsored by:**



The Highlands Family Success Center

Community against Substance Abuse (CASA) West Milford

No health without mental health

