



YOUTH MENTAL HEALTH FIRST AID

What is Youth Mental Health First Aid?

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, 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.

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

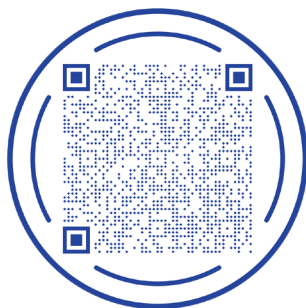
- Assess** for risk of suicide or harm.
- Listen** nonjudgmentally.
- Give** reassurance and information.
- Encourage** appropriate professional help.
- Encourage** self-help and other support strategies

Youth with major depression do not receive any medical treatment

64.1%

SOURCE: MENTAL HEALTH AMERICA

REGISTRATION



Use QR Code or Click Here to See Dates

TRAINING DAY

Multiple Dates Available
2 Hours of Pre-Work Required



MHANYS
Mental Health Association
in New York State