



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

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

SUMMER CLASSES 2023

All classes are 8:00 a.m. to 5:00 p.m. at Rockdale County Public Schools Central Office, 960 Pine Street NE Conyers, GA 30012. For more information call 770-918-6174.

Tuesday June 27	Monday, July 10
Wednesday, June 28	Tuesday, July 11
Thursday, June 29	Wednesday, July 12
Wednesday, July 5	Thursday, July 13
Thursday, July 6	Monday, July 17

RCPS staff who have never taken the course or are due for renewal of certification may be eligible for a \$150 stipend. The class must be taken during normal off contract/non-working hours to be eligible.

Classes subject to cancellation.

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

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

Sources

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593



Rockdale County Public Schools

rockdaleschools.org/YMHFA

Register at: tinyurl.com/v5xn93fu

Costs associated with this class are being provided by Hospital Authority of Rockdale County and RCPS.