

Setting the Standard



Join us on September 25, 2018 for the
Georgia Afterschool & Youth Development pre-conference.

Youth Mental Health First Aid

Sometimes first aid isn't a bandage or CPR. Sometimes, first aid is YOU.

Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. The National Council for Behavioral Health certifies individuals throughout the nation to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses.

A young person you know could be experiencing a mental health or substance use problem. Learn an action plan to help. Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18 -- teachers, coaches, social workers, faith leaders and other caring citizens.

Take a course. Save a life. Strengthen your community.

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 are experiencing a mental health or addictions challenge or crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Cost: FREE

Course Length: 8:30 am – 5 pm (participants must attend the full training to receive *First Aider* Certification)

Register by [clicking here](#). Class is limited to 35 participants.

**Are you interested in joining us for the
2018 Georgia Afterschool & Youth Development Conference?**

For more information and to register, please click [here](#).