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ORLANDO HEALTH®



## 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 a mental health or substance use problem in teens ages (12 to 18).

### WHO SHOULD TAKE THIS TRAINING?

- Teachers and Staff.
- Coaches.
- Youth Group Leaders
- Parents.
- Adults who Work with Youth.

### WHAT MENTAL HEALTH FIRST AID COVERS:

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

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.

**Date: November 22, 2024**

**Time: 10am - 4:30pm**

**Location:**

**The Peggy Brown Building at Lake Mirror Complex  
215 South Lake Avenue  
Lakeland, Florida 33801**

**Lunch will be provided.**

**SCAN TO REGISTER NOW!  
LIMITED SEATING.**



<https://form.jotform.com/242535327583157>

**NO COST TO YOU!**

**Contact: Trinity Kimble  
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**BRING YMHFA TO YOUR COMMUNITY**