

**YOUTH MENTAL HEALTH FIRST AID
AWARENESS TRAINING**

Saturday and Sunday Dates

February 13th, 14th, 20th, 21st, 27th, and 28th

March 6th, 7th, 13th, 14th, 20th, 21st, 27th and 28th

Tuesday and Thursday Dates

February 9th, 11th, 16th and 18th

March 2nd, 4th, 9th, 11th, 16th, 18th, 23rd, 25th and 30th

All Sessions: 9:00 am to 2:00 pm

LOCATION
Virtual via ZOOM

COST
(NO COST)

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1 in 5 Teens and Young Adults live with a **MENTAL HEALTH CONDITION**

64.1%

of youth with major depression do not receive any **MENTAL HEALTH TREATMENT**

Earn a three year certification in Youth Mental Health First Aid upon completion of the 6 ½ hour training



**YOUTH
MENTAL
HEALTH
FIRST AID®**

To Register or For Information Regarding These Trainings Contact Verenida Moore 708/444-1012, ext. 1532 vmoore@gpsbh.org



GRAND PRAIRIE SERVICES
INTEGRATED HEALTHCARE

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of Mental Illness and Substance Use Disorders**

COVID-19 is impacting people of all ages across the country, including our children and youth. Remote learning, not participating in extracurricular activities, or not seeing their friends in the same way they once did is taking a toll on the emotional and mental well-being of our children and youth.

In May, a **Gallup Panel** poll found **29%** of parents of school-aged children said their children were “already experiencing harm to their emotional or mental health because of social distancing and closures.” (MHFA)

It is critical to consider the effects this difficult time may have on your child’s mental and emotional health. Learn how to help a child, friend, family member, co-worker, or neighbor in need.

WHO SHOULD TAKE IT?

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| <ul style="list-style-type: none"> • Adults 18 and over • Employers • Police Officers • Hospital Staff • First Responders • Faith Leaders • Community Leaders • Caring Individuals | <ul style="list-style-type: none"> • Teachers • School Staff • Coaches • Youth Group Leaders • Parents • Camp Counselors • Anyone Who Works With Youth |
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WHAT IT COVERS?

- Common Signs and Symptoms of Mental Illness and Substance Use Disorders In this age group, including:
 - ✓ Anxiety
 - ✓ Depression
 - ✓ Trauma
 - ✓ Bullying
 - ✓ Eating Disorders
 - ✓ ADHD
 - ✓ How to interact with an adolescent in crisis

The courses will teach you how to apply the **ALGEE** Action Plan: **Approach, Assess** for risk of suicide or harm; **Listen** nonjudgmentally, **Give** reassurance and information; **Encourage** appropriate professional help; **Encourage** self-help and other support strategies

NOTE: *The information provided by YMHFA is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.*