



YOUTH MENTAL HEALTH FIRST AID

Training Now Available Throughout Ohio!

1 in 5

Youth lives with a mental health condition

Half of all mental illnesses begin before age

14

Suicide is now the **2nd** leading cause of death for adolescents

64%

of youth with major depression do not receive any mental health treatment

Half of all substance use disorders begin before age

20

Youth Mental Health First Aid teaches you how to **identify, understand, and respond** to signs of mental illnesses and substance use disorders. This 6 ½ hour training gives adults the skills they need to reach out and provide initial support to adolescents and transition aged youth (ages 12 -21) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

An evidence-based program, adopted in over 20 countries, Youth Mental Health First Aid teaches the five-step **ALGEE** action plan:

- 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

OVER 2 MILLION TRAINED IN THE U.S., INCLUDING:

- Educators, school administrators, and school support staff
- Social workers
- Counselors
- Non-profit agency staff
- Youth group leaders
- Parents
- Nursing, medical, and education students
- Faith-based groups

WHAT IT COVERS:

- Common signs and symptoms of mental illnesses in this age group, including:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with an adolescent in crisis
- How to connect the adolescent with help

For more Information, please visit <https://mhaohio.org/get-help/MHFA>

Connecting Mental Health First Aid to Benefit All Ohioans



Funded by the Ohio Department of Mental Health and Addiction Services

YOUTH MENTAL HEALTH FIRST AID



FAQs

- Q:** **Is there any fee for Mental Health First Aid?**
A: No, training and class materials are paid for through generous funding from the Ohio Department of Mental Health and Addiction Services (\$170 value per person).
- Q:** **How long is the training?**
A: Virtual Class: 1 ½ hours online self-paced prework; 5 hours live instructor-led virtual session
Blended Class: 2 hours online self-paced prework; 4 ½ hours instructor-led in-person session
In-Person Class: 6 ½ hours instructor-led session
- Q:** **What is a typical class size?**
A: Virtual Class: 20 students
Blended Class: 25-30 students
In-Person Class: 30-35 students
- Q:** **Is in-person training available?**
A: Not at this time, but all in-person training will resume when it is safe to do so.
- Q:** **When does the prework need to be completed?**
A: Prework must be completed 48 hours before the date of the class. A class will be canceled if the majority of attendees fail to complete the prework within this time frame.
- Q:** **Who should take Mental Health First Aid?**
A: Any adult that works with adolescents or transition age youth should consider attending a training. Groups that have been trained include teachers, administrators, and school support staff; parents; faith-based groups; counselors; social workers; college students; police, and first responders.
- Q:** **Do you offer professional CEUs for this training?**
A: Participants receive a Certificate of Attendance. At this time, we are not able to offer CEUs.
- Q:** **Can teachers receive contact hours for this training?**
A: Yes, teachers receive a certificate of attendance for 6.5 hours of training.
- Q:** **Is this training available in Spanish?**
A: We are actively recruiting Spanish speaking instructors, please contact us for more information.
- Q:** **Does this training provide certification?**
A: Yes, after successfully completing the training you will be certified, for three years, as a Mental Health First Aider. Certification can be renewed after 3 years.
- Q:** **How do I schedule a training for my group or organization?**
A: Please visit <https://mhaohio.org/get-help/MHFA>.