

YOUTH MENTAL HEALTH FIRST AID®

FREE 8-HOUR TRAINING FOR ADULTS ASSISTING YOUNG PEOPLE AGES 12-18
INSTRUCTED BY COMMUNITY COUNSELING CENTERS OF CHICAGO (C4)

I want to ask what's wrong, but what if I make her angry?

I don't understand what's going on, but I think he needs help.

I wish I could help, but I just don't know what to do.



Day to day, you are more likely to encounter a teen, friend, family member, neighbor or student experiencing an emotional or mental health crisis than you are someone who is having a heart attack. Do you feel prepared to respond to a mental health situation? The actions we take can make a real difference, especially in a young person's life. Research shows that if left untreated, mental health problems can worsen over time, affecting an adolescent's academic performance, emotional development, and social wellbeing. A young person you know could be in need of support right now. You can help and the best first aid can start with you.

WHAT IS YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

WHAT WILL I LEARN?

Course material will cover signs and symptoms of common mental illness in this age group such as anxiety, depression, eating disorders, ADHD, psychosis, disruptive behavior disorders and substance use disorders. Included will also be information on mental health literacy, adolescent development, anti-stigma messaging and a proactive 5-step action plan.



WHO SHOULD TAKE THE COURSE?

The course is designed for adults who regularly interact with adolescents such as teachers, school staff, athletic coaches, camp counselors, youth leaders, community center workers, medical office staff, parents, grandparents, guardians and more. Through a grant awarded by SAMHSA, Community Counseling Centers of Chicago (C4) is providing **FREE** Youth Mental Health First Aid training courses taught by C4's certified Mental Health First Aid instructors at your location.

FOR MORE INFORMATION OR TO BRING THIS FREE TRAINING TO YOU, CONTACT US TODAY

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