



What is Youth Mental Health First Aid?

Youth Mental Health First Aid is a public education program focused on equipping adults who work with youth (ages 12-18) who may be experiencing a mental health challenge or in a crisis.



You will learn.....

- The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.
 - **Participants do not learn to diagnose, nor how to provide any therapy or counseling.**
 - Participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis:
- Assess for risk of suicide or harm
 - Listen nonjudgmentally
 - Give reassurance and information
 - Encourage appropriate professional help
 - Encourage self-help and other support strategies

Teaching Methodology

- 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.

Who Developed Youth Mental Health First Aid

- Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to adapt the Australian youth manual for US audiences.
- The curriculum was developed by the three partners that manage the Mental Health First Aid USA which include National Council for Behavioral Health, Missouri Department of Mental Health and Maryland Department of Mental Health & Hygiene.



This training is for:

The course is designed for adults whom regularly interact with adolescents, but may also be appropriate for older adolescents (16 and older) so as to encourage youth peer to peer interaction. Anyone who regularly works or interacts with youth – teachers, athletic coaches, mentors, juvenile justice professionals – may find the course content useful. The core Mental Health First Aid course has been successfully offered to a variety of audiences including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

Note: Youth Mental Health First Aid is not specifically designed for parents of youth with mental health challenges. Although parents & families may find the course content useful, the course provides a basic level of information and guidance, rather than more in-depth information on navigating the healthcare system, which parents may wish to explore.

If you are interested in increasing your skills to better serve people you care for...

Similar to traditional First Aid and CPR, Mental Health First Aid is providing help to a person with a mental health problem or someone experiencing a crisis until professional treatment is obtained or until the crisis is resolved.

To set up a class, please contact:

Officer Kelley Tobyne
ktobyne@wakefieldpd.org (preferred)

781-245-1212 x7273

Classes will be held at the Wakefield Police Station
1 Union Street Wakefield, MA 01880
1/22/18 and 1/24/18 from 5:30 to 8pm.

Attendance at both sessions is required.