



MENTAL  
HEALTH  
FIRST AID



## YOUTH MENTAL HEALTH FIRST AID COURSE

### 4 Reasons to Become a Mental Health First Aider

1. Be prepared: When a mental health crisis happens, know what to do
2. Mental illnesses are common: 1 in 5 adults in any given year
3. You can help: People with mental illnesses often suffer alone
4. You care: Be there for a friend, family member, or colleague

Mental Health problems are more common than heart disease, lung disease, and cancer combined. In fact, 1 in 5 Americans is estimated to have a diagnosable mental disorder such as depression, anxiety or substance abuse in any given year, including 13.7 million children. Of those children only a third get help from formal mental health or substance abuse services.

Youth Mental Health First Aid is an 8-hour training designed to teach people methods of assisting a young person who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

#### SESSIONS OFFERED:

July 11 & 12, 2017

#### TIME:

8:30 AM - 12:30 PM all days

#### REGISTER:

[www.mciu.org/register](http://www.mciu.org/register)

#### ACT 48:

8 hours (Individuals attending this event must attend both sessions, arrive on time and stay the duration of the event in order to receive Act 48 Professional Education hours and/or YMHFA certification.)

#### COST:

No charge



QUESTIONS? Call Edwina Fascio | 610-755-9391 | [efascio@mcui.org](mailto:efascio@mcui.org)