

Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid- Youth

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What's Wrong

- 1 in 5 teens/young adults live with a mental health condition. Source: National Alliance for Mental Illness



And That's Not All...

According to a press release by the CDC in March of 2022, in 2021, more than a third (37%) of high school students reported that they have experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year.

The risk for developing unhealthy coping mechanisms is high during times of stress, sadness, and uncertainty.

Our Response

So, how do we identify, understand and respond to signs of substance use and mental health challenges?

Mental Health First Aid

Mental Health First Aid is the initial help offered to a person developing a mental health or substance use challenge or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.



What Participants Learn

- **Risk factors and warning signs** of mental health and substance use challenges.
- **Information** on depression, anxiety, trauma, psychosis and substance use.
- **A 5-step Action Plan** to help someone who is developing a mental health challenge or is experiencing a crisis.
- Available evidence-based professional, peer and self-help **resources**.

Mental Health First Aid Action Plan



Assess for risk of suicide or harm.



Listen nonjudgmentally.



Give reassurance and information.



Encourage appropriate professional help.



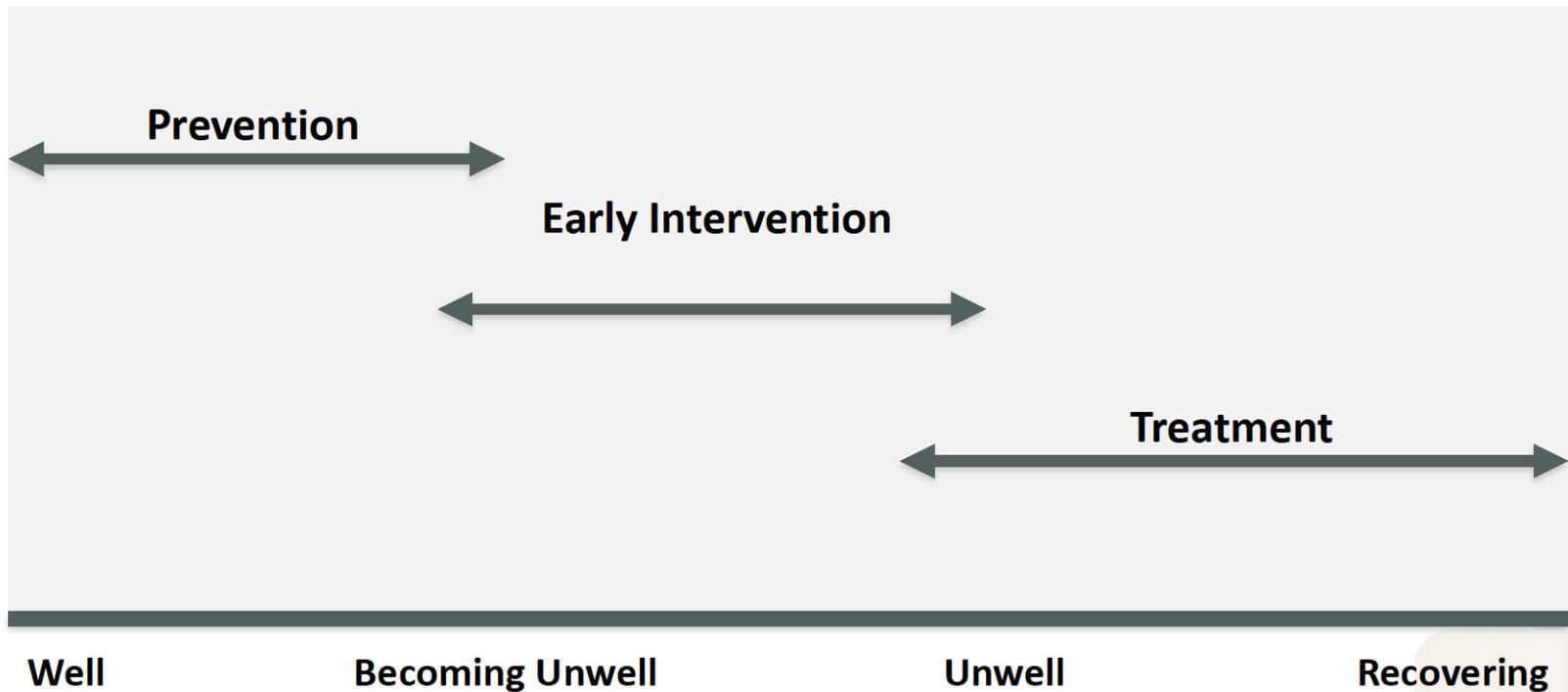
Encourage self-help and other support strategies.

Youth Curriculum Overview

First Aiders will learn to:

- **Describe the purpose** of YMHFA and the role of the Youth Mental Health First Aider.
- **Recognize the signs and symptoms** of mental health challenges that may impact youth.
- **Explain the impact** of traumatic experiences and the role of resilience on adolescent development.
- **Apply the appropriate steps** of the YMHFA Action Plan (ALGEE) to non-crisis situations.
- **Apply the appropriate steps** of the YMHFA Action Plan (ALGEE) to crisis situations.
- **Choose appropriate methods** for self-care following the application of YMHFA in a crisis or non-crisis situation.

Where Mental Health First Aid Can Help



Where Mental Health First Aid can help on the spectrum of mental health interventions

Support For Mental Health First Aid

Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents and even **international superstars** and **first ladies** love Mental Health First Aid.



Michelle Obama talks about the importance of Mental Health First Aid

In The News



June 25, 2020 | *US News & World Report*
[Tips for Overcoming Mental Exhaustion](#)



February 12, 2020 | *TIME*
[How Companies Teach Their Employees First Aid for Mental Health](#)



June 24, 2019 | *CNN*
[Why you should learn Mental Health First Aid](#)



May 20, 2019 | *Today*
[Mental Health First Aid Kid: Lady Gaga is Working on High School Program to Reduce Stigma](#)

Mental Health First Aid Works



“In July 2015, I took a Mental Health First Aid course at WestCare Nevada. Little did I know that just a few days later I would be using the information and techniques I had learned in the class in a real-life situation.” - ***Rick Denton, Peer Support Specialist***



“On a daily basis, we’re presented with people dealing with mental illness. Every day, this training will be beneficial.”
- ***Sgt. Steven Parkinson, Police Officer***



“I’ve taken regular first aid, and I’ve used both, but certainly the opportunities to use Mental Health First Aid are much more abundant.” - ***Nathan Krause, Pastor***