



# YOUTH MENTAL HEALTH FIRST AID

**64.1%**

of youth with major depression do not receive any mental HEALTH TREATMENT.

*Mental Health America*

**1 in 5**

teens & young adults lives with a mental HEALTH CONDITION.

*National Alliance for Mental Illness*

**5.13%**

of youth report having a substance use or ALCOHOL PROBLEM.

*Mental Health America*

Training will be facilitated by:  
Megan Suehring  
Positive Youth Development Educator  
Division of Extension, Shawano County

## Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

### 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.

### The course will teach you how to apply the ALGEE 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

- **Monday, March 25th, 8:30 a.m.—4:30 p.m.,** St. John Church, 502 Cedar Street, Tigerton
- **Thursday, April 18th, 8:30 a.m.—4:30 p.m.,** Shawano Courthouse, 311 N. Main Street, Shawano

Trainings are provided **FREE** through grant funds,  
limited to the first 30 people who register for each date.

Register at: <https://goo.gl/forms/YM2AoamuB7kEKTtk2>  
or by calling the Shawano Extension Office at 715-526-6136.

