



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO CAN BENEFIT FROM KNOWING YOUTH MENTAL HEALTH FIRST AID?

- Adults who Work with Youth
- Parents/Caregivers
- Youth Group Leaders
- Substance Use Counselors
- Administrative/clerical staff in health/behavioral health/social services
- Coaches, Camp Counselors
- School Staff & Teachers
- Medical staff
- Law enforcement

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

SACRAMENTO COUNTY

For inquiries or to REGISTER for MHFA Trainings hosted by Sacramento County Behavioral Health (Cost: Free)

Contact: MHFA@sacounty.gov

- Trainings are provided in a Blended-Virtual format— Learners complete a 2-hour, self-paced pre-course online, and then participate in an Instructor-Led virtual training (via zoom) on the training dates listed. Self-paced pre-course **must be completed at least one week prior** to training date. **Must be** a Sacramento County resident **OR** work in Sacramento County serving our community in health/ behavioral health/social services or related field.

- Find more trainings: <https://www.mentalhealthfirstaid.org/>

Upcoming Training Dates/Time:

- 2/13/26, 4/10/26, 6/26/26, 8/14/26, 10/9/26
- 9am-3:30pm (1 hr. lunch included)

Sources

*National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

**Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

***Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

To find a course or contact a Mental Health First Aid Instructor in your area, visit MHFA.org or email Hello@MentalHealthFirstAid.org.