



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# YOUTH MENTAL HEALTH FIRST AID

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

## 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\*\*\**

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); 602. doi: 10.1001/archpsyc.62.6.593

## REGISTER TODAY!

**Delivery Format:** In Person

**Date and Time:**

Thursday, March 12, 2026 | 9:30 am - 5 pm

**Location:**

Williamsburg Health Foundation  
Jeanne Zeidler Meeting Room (2nd Floor)  
4801 Courthouse Street, Suite 201  
Williamsburg, VA 23188

**Where to Register:**

[www.surveymonkey.com/r/MHFA\\_YouthTraining-March\\_2026](http://www.surveymonkey.com/r/MHFA_YouthTraining-March_2026)

**The course will teach you how to apply the MHFA Action Plan (ALGEE):**

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.