

Youth Mental Health First Aid Training



1.3%

Of the U.S. population identifies as American Indian or Alaska Native (AI/AN)

19%

AI/AN have reported having a mental illness in the past year

15-25

Years of age AI/AN face serious health disparities
(including suicide, obesity, type 2 diabetes, and substance abuse.)

11%-20%

AI/AN youth report attempting suicide each year

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group include:
 - Anxiety
 - Eating Disorders
 - Depression
 - Attention Deficit Hyperactive Disorder (ADHD)
- How to understand and respond to common signs of alcohol and substance abuse.
- 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.

TWO WAYS TO LEARN:

- **IN-PERSON:** Learners will receive their training as an 8-hour, instructor-led, in-person course.
- **BLENDED:** Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, instructor-led training. This instructor-led training can be a video conference or an in-person class.

Youth Mental Health First Aid Training



WHY 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.

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- School Staff
- Teachers
- Counselors
- Youth Group Leaders
- Parents
- Adults who work with youth in Tribal Communities

LEARN HOW TO RESPOND WITH THE MENTAL HEALTH FIRST AID ACTION PLAN (ALGEE)

- A** Assess for risk of suicide or harm.
- L** Listen non-judgmentally
- G** Give reassurance and information.
- E** Encourage appropriate professional help.
- E** Encourage self-help and other support strategies.

REFERENCES:

*Collaborators, G. (2019, September 26). Mental health statistics in Native Americans: Numbers don't lie. Discovery Mood & Anxiety Program. Retrieved August 8, 2022, from <https://discoverymood.com/blog/mental-health-statistics-in-native-americans-numbers-dont-lie>

*Native and indigenous communities and mental health. Mental Health America. (n.d.). Retrieved August 8, 2022, from <https://www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health>

"Youth Mental Health First Aid." (n.d.). Retrieved August 17, 2022, from https://www.mentalhealthfirstaid.org/wp-content/uploads/2022/07/22.06.17_Youth-MHFA-Flier.pdf

For more information on the Youth Mental Health First Aid Training contact:
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