

PLEASE JOIN US

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 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

When: Friday, May 10, 2019 8:30 AM-5:00 PM **OR**
Friday May 31, 2019 8:30 AM-5:00 PM

Where: Cascadia Behavioral Healthcare, Garlington Health Center, 3036 NE Martin Luther King Jr. Blvd, Portland, OR 97212

Register: May 10: bit.ly/YMHFA510 **OR**
May 31: bit.ly/YMHFA531

Cost: \$20, lunch will not be provided

Questions? Contact lucia.mcardle@cascadiabhc.org

64.1% of youth with MAJOR DEPRESSION do not receive any mental health treatment.

— Mental Health America

1 in 5 teens & young adults live 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

We welcome all.

WWW.CASCADIABHC.ORG

To find a course or contact an instructor in your area, visit www.mentalhealthfirstaid.org or email info@mentalhealthfirstaid.org