



**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\*\*\*

Please join us for one of the following dates:

**Friday, October 28, 2022**  
from 7:45am to 12pm  
(via Zoom)

OR

**Friday, November 4, 2022** from 8am to 12:15pm  
(in person)

OR

**Thursday, February 2, 2023**  
from 3:15pm to 7:30pm  
(via Zoom)

OR

**Thursday, April 13, 2023**  
from 3:15pm to 7:30pm  
(in person)

(please note, you must complete the online pre-work prior to attending the class)

For more information and to register for a session:  
[https://bit.ly/PUSD\\_YMHFA\\_2022-23](https://bit.ly/PUSD_YMHFA_2022-23)

YMHFA, valued at \$170, is sponsored by Student Wellness and Support and taught by Turtlesea Group

