



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 SHOULD KNOW MENTAL HEALTH FIRST AID?

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

VIRTUALLY ATTEND ONE OF THE FOLLOWING DATES:

Jan. 19 | Mar. 16 | May 18 | Jul. 20 | Sep. 28 | Nov. 16

TIME FOR ALL EVENTS: 9:30am – 3:30pm



OPEN TO CAPE MAY COUNTY RESIDENTS & EMPLOYEES ONLY



REGISTER:

WWW.CAPEASSIST.ORG/MHFAYOUTH

TEMERITY BERRY

Senior Prevention Specialist

temerity@capeassist.org

(609) 522-5960

Each 5-hour class will be held virtually via Zoom, with an hour break and 2 hours of online pre-work ahead of time. Attendance is mandatory at only one training.