

# YOUTH MENTAL HEALTH FIRST AID



## WHAT IS YMHFA?

Youth Mental Health First Aid (YMHFA) 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 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.



## WHY YMHFA IS SO IMPORTANT.

Adults who work with youth need to have the tools and skillset to recognize and assess mental health issues in our youth. Mental health issues are an epidemic and they often go unnoticed. Through this training, adults will learn about common stigmas and symptoms of mental health and how to connect youth with proper care / resources.





# YOUTH MENTAL HEALTH FIRST AID

## KEY FACTS:

### ▲ 1 in 4 Americans

25% of Americans are diagnosed with a mental illness/substance disorder at some point in their lifetime.

### ▲ 50% Before Age 14

It starts early - with 50% of mental disorders starting before age 14.

### ▲ 64% Receive No Treatment

64% of youth with major depression do not receive any mental health treatment.



## WHAT YOU CAN DO:

The best first step is to host a YMHFA 8-hour community training at your school! If you need space options, check with other community partners, such as churches or local recreation centers. Through this training, adults will learn about common stigmas and symptoms of mental health and how to connect youth with proper care/resources. Read more about NCPTA's work in this area at our web site:

<https://ncpta.org/index.php/programs/ymhfa/>

