

WHO SHOULD TAKE THE COURSE?

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to respond to and support an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

You should take this course if:

- You are a parent
- You have a family member aged 12 to 18
- You work in a school
- You work for a community center or afterschool program
- You volunteer with a youth serving organization
- You are a doctor or a nurse
- You are a case worker or other service provider
- You are in law enforcement or juvenile justice
- You are a community member



OFFICE OF STUDENT WELLNESS

The Office of Student Wellness is committed to the development of the whole child. We work, in collaboration with local communities, school districts, and individuals, to support students as they become fully productive members of society. Our approach allows us to affect real, meaningful change in the lives of all Granite Staters while remaining fiscally responsible, culturally competent, and youth guided.



Our initiatives focus on the individual and collective health of the community through a wide range of programs and services. These programs are currently being implemented in several pilot sites across the state. If you are interested in learning about how your community can benefit from our work, please contact us.

The Office of Student Wellness is housed within the Bureau of Special Education at the New Hampshire Department of Education.



www.NHStudentWellness.org

(603)271-3730

This brochure was developed (in part) under grants numbered 1H79SM061875-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



MENTAL HEALTH FIRST AID

OFFICE OF STUDENT WELLNESS
NH DEPARTMENT OF EDUCATION
WWW.NHSTUDENTWELLNESS.ORG
(603)271-3730

WHAT IS YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid USA is a FREE 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; provide initial help; and connect young people to professional, peer, social, and self-help care.

Youth Mental Health First Aid is brought to you in the State of NH by the Office of Student Wellness at the Department of Education. Nationally, Mental Health First Aid USA is coordinated by the National Council on Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to create the youth program.



WHAT WILL I LEARN?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including: anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants DO NOT learn to diagnose, nor how to provide any therapy or counseling—rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- 1. Assess for risk of suicide or harm**
- 2. Listen nonjudgmentally**
- 3. Give reassurance and information**
- 4. Encourage appropriate professional help**
- 5. Encourage self-help and other support strategies**

Youth Mental Health First Aid USA is primarily focused on information participants can use to help adolescents and transition-aged youth, ages 12–18.

HOW DO I REGISTER FOR THE COURSE?

Those interested in participating in Youth Mental Health First Aid training can do so in one of two ways:

1. Register and attend the training as an individual
2. Bring a Youth Mental Health First Aid training to your organization

A complete list of available trainings can be found on the NH Student Wellness Mobile App. The app can be found on the Apple iStore or on Google Play by searching, "NH Student Wellness."

For more information, please visit our website:

www.NHStudentWellness.org/ymhfa

