

## First Aid

Emergency treatment administered to an injured or sick person before professional medical care is available.

## Youth Mental Health First Aid

Teaches a 5-Step action plan encompassing the skills, resources and knowledge needed to help a young person in crisis connect with appropriate professional, peer, social and self-help care.

### Did You Know?

- ◆ 1 in 5 youth will develop a mental health problem.
- ◆ You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack.
- ◆ Mental health disorders are more common than heart disease and cancer combined.

## Youth Mental Health First Aid Authorities



Mental Health First Aid USA is a collaborative partnership of the National Council for Behavioral Health, Maryland Department of Mental Hygiene, and Missouri Department of Mental Health who train and certify instructors to deliver the 8-hour Youth Mental Health First Aid course in your community.

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



### ATTEND A FREE COURSE IN SAN MATEO COUNTY

Contact Natalie Andrade at  
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For more information about the  
Office of Diversity and Equity,  
visit [www.smchealth.org/bhrs/ode](http://www.smchealth.org/bhrs/ode)



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YOUTH  
MENTAL  
HEALTH  
FIRST AID



## YOUTH MENTAL HEALTH FIRST AID

*Increasing Mental Health Awareness  
in San Mateo County Schools*

Office of Diversity and Equity  
Behavioral Health and Recovery Services  
San Mateo County Office of Education

# Youth Mental Health First Aid

*Creating a Safe and Supportive School Environment*



The Youth Mental Health First Aid (YMHFA) course was developed to help adults provide initial support to a young person who may be developing a mental health problem or experiencing a mental health crisis.

What we know and the actions we take can make a real difference in an adolescent's life. Research shows that if left untreated, mental health problems can become worse over time, affecting a young person's school performance and social/emotional life.

Through Youth Mental Health First Aid, school communities will be safer and staff more informed and better prepared to help. This course will increase mental health and substance abuse literacy, and reduce the stigma associated with mental health disorders.

*Certified instructors are available to teach this free 8-hour Youth Mental Health First Aid course at your school.*

## Who Can Be a Youth Mental Health First Aider?

Classroom Teachers, School Site Administrators, School Office Personnel, Coaches, Afterschool Providers, Parents, Teacher Aides, School Health Aides, Yard Duty Staff, Crossing Guards and any other adult who is part of the supportive adult community.

*This course is intended for adults who interact with youth, ages 12-24, and have little-to-no background in mental health.*

## What Will I Learn?

- ◆ The potential warning signs, symptoms and risk factors for common mental health issues that affect young people.
- ◆ How to help a student or young person who may be experiencing a mental health challenge.
- ◆ A 5-Step Action Plan that will guide participants through the conversation with a young person to connect them with the appropriate resources and support.

*\*Youth Mental Health First Aiders do not learn how to diagnose mental health disorders, but rather learn how to support a youth developing signs and symptoms of a mental illness or in an emotional crisis.*



## School-Based Youth Mental Health First Aiders

YMHFA is not intended to supersede any professional protocol you have in place, but rather empower you to feel more comfortable addressing a mental health crisis at your school.

As a Youth Mental Health First Aider, you can help bridge the gap between an adolescent experiencing a mental health crisis and getting appropriate professional help.

### 5 - Step Action Plan

**A**ssess the risk of suicide and/or self-harm

**L**isten non-judgmentally

**G**ive reassurance and information

**E**ncourage appropriate professional help

**E**ncourage self-help and other support strategies