



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID TRAINING (Certification good for 3 years)

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
live 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***

THIS TRAINING IS FREE & OPEN TO ALL HGEA MEMBERS:

- Principals, Vice Principals.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Uncles, Auntys.
- Grandparents.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.
- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).

**REGISTER
NOW**

"I was blown away by this training and found it incredibly meaningful. I would recommend to anyone who interacts with teenagers at any point in their day."

- Malika Armstrong, EA III (DOE)

ABOUT THE CLASS:

- **In-person (2nd Edition)** – Learners receive their training during a 6.5-hour, Instructor-led, in-person session.

SATURDAY, May 11th

8:30 AM - 3:30 PM, limited parking, lunch provided.

**888 Mililani St. (1st Fl., Conference Room)
Honolulu, HI 96813**



A F S C M E
LOCAL 152, AFL-CIO

This training is open to HGEA members only. If you have any questions, please contact the Member Services Center at 808.543.0000