



YOUTH MENTAL HEALTH FIRST AID

WHO SHOULD KNOW YOUTH MENTAL HEALTH FIRST AID?

- Teachers
- Parents
- Coaches
- Counselors
- Administrators
- Adults who Work with Youth

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 6 - 18.

Meet KISD's YMHFA Instructors



WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group including anxiety, depression, eating disorders, and attention deficit hyperactive disorder (ADHD).
- 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.

HERE'S WHAT YOUR PEERS ARE SAYING:

"Any KISD staff who work with youth should have this knowledge."



"This information is important because we are in a mental health crisis."



"This class will give parents and educators awareness of signs that a student is struggling and helps them to know what to do."



"With all of the things happening in our society, we need to be there for our students as one village."

"The awareness I gained was great!"

"Great strategies to use in classrooms with students."

TO LEARN MORE,
SCAN THE QR CODE TO REGISTER
OR VISIT

<https://forms.office.com/r/YvhDtXsFdz>

