

Youth Mental Health First Aid



May 11, 2023
9:00am - 3:00pm



9 Church Street
Bernardsville, NJ 07924

Register for **FREE**

<https://tinyurl.com/ysyndpw9>

Youth Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among 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 lives 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***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.



REQUIREMENTS

Participants will be required to complete 2 hours of online self-guided learning PRIOR to attending the in person session.



QUESTIONS?

For more information contact Susan Visser at svisser@communityincrisis.org



Please scan to register.

