

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.



GET IN TOUCH

Southwest Behavioral & Health Services

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YOUTH MENTAL HEALTH FIRST AID



PRESENTED BY



SOUTHWEST
BEHAVIORAL & HEALTH SERVICES
SEEKING SOLUTIONS, CREATING CHANGE

1 in 5

teens & young adults lives
with a mental
HEALTH CONDITION.

National Alliance for Mental Illness

5.13%

Of youth report having a
substance use or
ALCOHOL PROBLEM.

Mental Health America

64.1%

Of youth with major
depression do not receive
any mental
HEALTH TREATMENT.

Mental Health America



Join The Movement

Sometimes first aid isn't

a bandage, or CPR.

Sometimes,

first aid is YOU.

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN
YOUR AREA, VISIT www.MentalHealthFirstAid.org OR
EMAIL MHATGrant@sbhservices.org.