

CLASS OF 20 21

An Invitation to Seniors (18+) and Parents:

NATIONAL
COUNCIL
for Mental
Wellbeing

YOUTH MENTAL HEALTH FIRST AID



Youth Mental Health First Aid

Aid courses have been offered in the community for several years, and over 400 individuals have been trained. The course is appropriate for anyone over the age of 18, and the H-W Partners for Youth Coalition is excited to be able to include our graduating seniors in this invitation, as part of our "Know Before You Go" programs. Many college-age students have found the content to be valuable in learning strategies that may someday be used to help a friend, family member or classmate who may be struggling with a mental health concern.

The course will teach you how to apply the **ALGEE** action plan:

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Why Youth Mental Health First Aid?

As we send our seniors off to college, H-W Partners For Youth Coalition would like to provide the opportunity of Youth Mental Health First Aid training to graduating seniors who are age 18+ (and their parents). This groundbreaking skills-based course gives people the tools to identify, understand and respond to someone who might be struggling with a mental health or substance use challenge — and connect them with appropriate support and resources when necessary.

- **Blended Learning.** After completing a 2-hour, self-paced online class, First Aiders will participate in a 4-hour, in-person, Instructor-led class.
- Courses can be arranged for five or more, and be coordinated to fit your schedule.
- Please contact Jenna Swotchak for more information: jswotchak@HWRSD.org
call: **413-566-5060 Ext. 17**

Who Should Take it

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

What it Covers

- Common signs and symptoms of mental illness in this age group, including
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

Classes forming throughout the summer! Email jswotchak@HWRSD.org for more information!

TO FIND A LOCAL COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, PLEASE VISIT:
HWP4Y.org OR EMAIL jswotchak@HWRSD.org.

 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING