



Youth Mental Health First Aid

By Pete Pruitt, M. Ed
Owner/CEO Peter James Behavioral Health

Become a Youth Mental Health Aider

As a Youth Mental Health Aider, you'll be equipped with the knowledge and skills to support your peers and community members who may be experiencing mental health challenges.



[Scan here to Register](#)

Why attend a Mental Health First Aid Training?

Learn to Recognize Signs

Gain the skills to identify early warning signs of mental health struggles in yourself or others.

Provide Effective Support

Learn practical steps to offer immediate help to someone experiencing a mental health crisis.

Build Confidence

Increase your confidence in supporting friends, family, and community members.

Reduce Stigma

Help break down stereotypes and stigma surrounding mental health.

Invest in Your Well-being

Improve your own mental health awareness and resilience.

Date: February 17, 2025

Time: 9 am to 4 pm

Location: 3100 E.45th St. 44127 Suite 500, Cleveland, Ohio

Fee: \$ 55

About Pete

Peter J. Pruitt III, M.Ed, is an Akron native with over 25 years of experience in mental and behavioral health for youth and adults. He holds a Bachelor of Arts in Health and Physical Education from Baldwin-Wallace University, a Master's in Curriculum and Instruction from Cleveland State University, and a Master's in Educational Leadership from the American College of Education. Throughout his career, Peter has served in various roles, including Residential Treatment Specialist, Intervention Specialist, Dean of Students, and Assistant Principal.



What will participants learn

This course provides participants with a comprehensive understanding of the risk factors and warning signs associated with common mental health challenges in adolescents. These challenges include anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders, and substance use disorder. The course focuses on equipping participants with practical skills to support young people who may be exhibiting signs of mental illness or experiencing emotional crises. The course teaches a five-step action plan to guide participants in their support efforts, without requiring them to diagnose or provide therapy.

ALGEE ACTION PLAN:

- ✓ **ASSESS** for risk reduction and harm
- ✓ **LISTEN** non-judgmentally
- ✓ **GIVE** reassurance and information
- ✓ **ENCOURAGE** appropriate professional help
- ✓ **ENCOURAGE** self-help & other support strategies

TWO WAYS TO LEARN

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

Blended – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:

- A video conference.
- An in-person class.

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

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



**LEARN AN ACTION PLAN
TO HELP**

Contact us to discuss your training needs