

Youth Mental Health First Aid®



Tuesday, April 26 8am-5pm
Fannin County Family Connection Community Room

Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or crisis. YMHFA is primarily designed for adults that interact with young people. The 8 hour course gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

Why Mental Health First Aid?

- ◆ 123 suicides each day
- ◆ 17% of children have a diagnosed mental, behavioral, or developmental disorder
- ◆ Mental health is more than psychosis but includes depression, anxiety and panic attacks

What does the course cover?

- ◆ Common signs and symptoms of mental illness
- ◆ A discussion of specific risk factors that affect children including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder
- ◆ How to discern the difference between talking about death and suicidal ideation
- ◆ A breakdown of psychosis, dementia, and delirium
- ◆ How to interact with a person in crisis

The National Council for Behavioral Health

The National Council for Behavioral Health is the was instrumental in bringing Mental Health First Aid to the U.S. They worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

*Participants **do not** learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis.*

Registration is at no cost courtesy of Georgia Mountains Health and Fannin County Family Connection. Registration is limited to the first 20 participants. A light lunch will be served. **Registration deadline is Wednesday, April 20, 2022.**

Register online at <https://www.eventbrite.com/e/youth-mental-health-first-aid-tickets-306482355977> or by emailing MHFA@gamtnhealth.org. Questions? Call FCFC at 706-632-6063

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Take a pic of the QR code with your smart phone for a direct link to registration.

