



YOUTH MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying.

Join the more than
2.6 MILLION

*First Aiders who
have chosen to be
the difference in
their community.*

Tuesday, September 19th

9:30 am - 3:30 pm

CASA Office

222 Ridgedale Ave, Suite 300

Cedar Knolls, NJ 07927

RSVP BY 8/29

[Click HERE to Register](#)
or scan the QR code



Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- 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.

Once registered, please be on the lookout for an email from the Mental Health Association in New Jersey on how to register for CONNECT (the National Council's online data management system) where you will be requested to do some pre-work prior to the training. We kindly request that this pre-work be completed before the training.