



# *Youth Mental Health First Aid*

## **WHAT IS MENTAL HEALTH FIRST AID?**

Most of us would know how to help if we saw someone having a heart attack - we'd start CPR, or at the very least, call 9-1-1; but too few of us know how to respond if we saw someone having a panic attack or were concerned if a friend or co-worker might be showing signs of depression or substance use. Mental Health First Aid is an internationally recognized curriculum, and was created to de-stigmatize mental health and expand the safety net of help within communities. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. YOUTH Mental Health First Aid in particular is designed for adults who regularly interact with young people. Parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens will learn how to help an adolescent who is experiencing a mental health or addiction challenge, or is in crisis.

### **What will I learn? The MHFA curriculum includes:**

- ❖ Risk factors and warning signs for mental health & addiction concerns
- ❖ Strategies for discussing signs and symptoms
- ❖ Basic information on depression, anxiety, trauma, psychosis, and addiction disorders.
- ❖ ALGEE; the five-step action plan to help someone developing a mental health problem or is in crisis.
- ❖ Resources - Where to turn for help; professional, peer, and self-help resources

**Trainers:** MHFA certified instructors from Crisis Support Services of Alameda County (CSS).

**Target Audience:** Any classification of staff at Alameda County Behavioral Health, contracted CBOs, and contracted providers who are interested in learning how to recognize signs and assist a young person in mental health or substance use crisis and non-crisis situations. NOTE: *While clinicians are welcome to attend as a refresher course, no CE credits are available.*

**Training Details – Things to be aware of:** MHFA is a national certification. Participants who complete the pre-requisite work AND attend the in-person portion will receive a certificate from the Mental Health First Aid organization, good for 3 years. The first portion of the course consists of a 2-hour, self-paced online curriculum, to be completed before the live training. On the day-of training, there are several interactive portions of the online/live class.

*If you have an accommodation request or would like to report a grievance about an ACBH-hosted training, contact the ACBH Training Unit: [Training.Unit@acgov.org](mailto:Training.Unit@acgov.org);*

**Date: Wed. May 12, 2022**

**Time: 9am-330pm\***

*(\*plus 2-hour commitment to complete online pre-course work BEFORE training\*)*

**Location: Virtual (online)**

**Register at:**

**[YMHFA MAY 12TH](#)**

---

### **IMPORTANT REMINDERS for MHFA Virtual Trainings:**

- ❖ Within 2 business days of registration, you will receive an email with info about how to access the pre-coursework.
- ❖ Due to small class capacity, please register with the intent to complete both the pre-course work and attend on day of training. Empty or cancelled seats cannot be back-filled close to the training date.
- ❖ The, pre-coursework is REQUIRED by MHFA National Council for Mental Wellbeing. This must be completed to be admitted into the online class on day of training.

---

For questions about this training please email:

**[training.unit@acgov.org](mailto:training.unit@acgov.org)**