

# Youth Mental Health First Aid Training



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

**ComWell**   
WHERE COMMUNITY MEETS WELLNESS

## WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches adults how to **identify**, **understand** and **respond** to signs of mental health and substance misuse challenges among **youth and adolescents ages 12-18**. Become a certified Mental Health First Aider alongside more than 4 million others! [#BeTheDifference](#)

## WHAT MENTAL HEALTH FIRST AID COVERS:

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with youth/adolescents in crisis & non-crisis situations.
- How to connect youth/adolescents to help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

## THREE WAYS TO LEARN: (In-person, Hybrid, Online)

ComWell provides at this time:

- **Hybrid** – Learners complete a 2-hour, self-paced **online** course (completed 48 hrs prior to class), and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training is in-person class.

**This course is provided at NO COST for residents OR individuals who work in Randolph County, on behalf of ComWell. Original Value: \$170**

## 2026 Upcoming Trainings

**8:30am - 3pm (Lunch Provided)**

**February 12, 2026**

ComWell - Building C Conference Room Red  
Bud, IL

**May 14, 2026**

ComWell - Mobile Crisis Response  
Hub Chester, IL

**August 13, 2026**

ComWell - Building C Conference  
Room Red Bud, IL

**November 12, 2026**

ComWell - Mobile Crisis Response Hub  
Chester, IL

### REGISTRATION REQUIRED

**Registration Deadline:** No later than  
the Monday of each class date.



**SCAN ME**

*Presented by ComWell in partnership with Randolph County 708 Board*



Mental Health **FIRST AID**

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# YOUTH MENTAL HEALTH FIRST AID

## WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**10.2%**

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid\*\*

**1 IN 5**

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness\*

**50%**

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry\*\*\*

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

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

## WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

## THREE 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.

## 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.

### Sources

\* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

\*\* Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

\*\*\* Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593