

Youth Mental Health First Aid



Learning Objectives

The Youth Mental Health First Aid (YMHFA) course (2-hour self-paced; 4.5 hours in-person) focuses on recognizing the patterns of thoughts, feelings, behaviors and appearance that show there might be a mental health challenge. Participants are taught an action plan that they apply to non-crisis and crisis situations. By the end of the course, participants will be able to:

- Describe the purpose of Youth Mental Health First Aid and the role of the First Aider.
- Recognize the signs and symptoms of mental health challenges that may impact youth.
- Explain the impact of traumatic experiences and the role of resilience on adolescent development.
- Apply the appropriate steps of the YMHFA ALGEE Action Plan* to non-crisis situations.
- Choose appropriate methods for self-care following the application of YMHFA in a crisis or non-crisis situation.

Mental Health First Aid ALGEE Action Plan

- A** Assess for risk of suicide or harm
- L** Listen non-judgmentally
- G** Give reassurance and information
- E** Encourage appropriate professional help
- E** Encourage self-help and other support strategies

Blended and Virtual Course Outline

2-hour, self-paced introduction is comprised of 4 learning segments:

SEGMENT	TOPIC
1	Welcome and Introduction to Mental Health First Aid
2	Mental Health and Mental Illness in Youth
3	Typical Adolescent Development
4	Signs and Symptoms of Mental Health Disorders in Youth

In-person or virtual skills application is comprised of 5 learning segments:

SEGMENT	TOPIC
1	Welcome to Youth Mental Health First Aid
2	YMHFA Self-Paced Intro Recap
3	YMHFA in Non-Crisis Situations
4	YMHFA in Crisis Situations
5	Self-Care for the Youth Mental Health First Aider

