



# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Health Choice Arizona/Blue Cross Blue Shield Tribal Program invites you to be trained as a

## Youth Mental Health First Aider

Youth Mental Health First Aid 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 is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. 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. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Date: December 14, 2021

Time: 8:30 AM - 5:00 PM

Location: Hopi Wellness Center

RSVP: BScott@hopi.nsn.us or (928)-675-8056

**\*MUST SHOW PROOF OF COVID-19**

**VACCINATION CARD TO ATTEND!\***

**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\*\*\*

For more information contact:

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