



64.1%

OF YOUTH WITH MAJOR DEPRESSION DO NOT RECEIVE ANY MENTAL HEALTH TREATMENT.
- MENTAL HEALTH AMERICA

1 IN 5

TEENS AND YOUNG ADULTS LIVE WITH A MENTAL HEALTH CONDITION.
- NATIONAL ALLIANCE ON MENTAL ILLNESS

5.13%

OF YOUTH REPORT HAVING A SUBSTANCE USE OR ALCOHOL PROBLEM.
- MENTAL HEALTH AMERICA

MD AWARE YOUTH INSTRUCTOR TRAINING

A 5-day training to certify instructors to teach the 8-hour YMHFA course

Date: September 23-27 Time: 9:30am-5:00pm

Location: Mental Health Association of Maryland
1301 York Road, Lutherville, MD 21093

Cost: Free for individuals who qualify for the MD AWARE training grant
CPDs and CEUs (for social workers) are available for the instructor training

WHY YOUTH MENTAL HEALTH FIRST AID?

Join the cadre of certified instructors in Maryland who help those who work with youth make a difference in their lives. Youth Mental Health First Aid, an 8-hour national certification course, teaches the skills needed to recognize the signs of a mental health or substance use problem or crisis identify community resources and link the young person to appropriate treatment and support resources.

WHAT DOES THE TRAINING COVER?

- Common signs & symptoms in this age group, including:
 - Anxiety
 - Depression
 - Eating Disorders
 - Attention Deficit Disorder (ADHD)
 - Substance Use
- How to help an adolescent who may be developing a mental health problem or may be in crisis
- How to connect the adolescent with help

WHO SHOULD TAKE THE TRAINING?

- Teachers & School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- People Who Work with Youth

ALGEE ACTION PLAN

- ASSESS FOR RISK OF SUICIDE OR HARM
- LISTEN NONJUDGEMENTALLY
- GIVE REASSURANCE & INFORMATION
- ENCOURAGE APPROPRIATE PROFESSIONAL HELP
- ENCOURAGE SELF- HELP & OTHER SUPPORT STRATEGIES

Maryland Project AWARE
"Advancing Wellness and Resilience in Education"



STRONGER...Together!
its

A CHANGED MINDSET:
A MARYLAND TEACHER REPORTED THAT AFTER ATTENDING A YOUTH MHFA TRAINING, SHE WAS ABLE TO IDENTIFY A STUDENT AT RISK & KNEW HOW TO HELP.

Join the 4,000+ school personnel & community members in Maryland who have been trained in Youth Mental Health First Aid.

"ONE OF THE BEST & PROBABLY THE MOST IMPORTANT TRAININGS I HAVE PARTICIPATED IN."
- A TEACHER WHO RECENTLY BECAME CERTIFIED AS A FIRST AIDER

TO FIND A COURSE OR TO BECOME AN INSTRUCTOR IN MARYLAND, VISIT:

www.mhfamilyland.org or email mhftraining@mhamd.org