**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***

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**WHO SHOULD KNOW MENTAL HEALTH FIRST AID?**

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

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**SUMMER CLASSES**

All Classes are from 8:00 am to 4:30 pm at Rockdale County Public Schools County Office, 960 Pine Street NE Conyers, GA 30012. For more information call 770-918-6174.

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Classes subject to cancellation.

**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**

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

**Costs associated with this class are being provided by Hospital Authority of Rockdale County and RCPS.**

REGISTER: [https://tinyurl.com/bddt9ya4](https://tinyurl.com/bddt9ya4)