



64.1%

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

1 IN 5

TEENS AND YOUNG ADULTS LIVES 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: To Be Determined

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](http://www.mhfamilyland.org) or email [mhftraining@mhamd.org](mailto:mhftraining@mhamd.org)