

# YOUTH MENTAL HEALTH FIRST AID USA: FOR ADULTS ASSISTING YOUNG PEOPLE



## Who Should Attend?

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. It is designed to teach parents, family members, teachers, school staff, school nurses, coaches, church leaders, 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.

## What is the Course Content?

- Introduction to common mental health challenges for youth
- Review of typical adolescent development
- 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics discussed include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADD/ADHD), and eating disorders.

For more information email

- June Jenkins at [june2@clemson.edu](mailto:june2@clemson.edu)

## Training Opportunities

December 4, 2018  
February 13, 2019

8:00AM-4:00PM

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University Center

225 S. Pleasantburg Dr.

Greenville, SC 29607

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\$50 Registration  
includes Youth  
Mental Health First  
Aid Participant  
Manual

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Offered by

Safe & Humane  
Schools

Clemson University

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Limited enrollment

To register,  
[click here](#)

and select your training date