



YOUTH MENTAL HEALTH FIRST AID

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 for Mental Illness

5.13%

of youth report having a
substance use or alcohol problem.

- Mental Health America

FREE YMHA Training Sponsored by Fulton County Schools

Fulton County Schools is proud to offer Youth Mental Health First Aid training to our community. Training is offered at NO COST to those wanting to become a CERTIFIED Youth Mental Health First Aider. Participants will be trained to identify and assist those who are developing a mental health problem or crisis. All participants will receive Training Certification.

4 Virtual Training Dates Available:

Virtual... First Aiders will complete a 2-hour, self-paced online class, and then participate in a 4-hour, Instructor-led videoconference.

- **Tuesday, June 8**
- **Saturday, June 26**
- **Saturday, July 10**
- **Thursday, July 15**



*Have 15 or More Staff You'd Like to Train?
Request your very own Fulton County Schools
led YMHA Training via the QR code.*



Who Should Take it

- Coaches
- Music/Art instructors
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

What it Covers

Common signs and symptoms of mental illness in this age group, including:

- | | |
|--------------------|---|
| ○ Anxiety | ○ Attention deficit hyperactive disorder (ADHD) |
| ○ Depression | ○ Signs and symptoms of substance abuse |
| ○ Eating disorders | ○ How to connect the person with help |



For More Information, please contact
The Office of Student Supports
470-254-0451 or scottvl@fultonschools.org

