



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 YMHFA 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 YMHFA 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

