



Wednesday, April 24
7-8:30 pm
Morristown High School
Learning Commons

MENTAL HEALTH FIRST AID PARENT EDUCATION - AN OVERVIEW

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches parents 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

WHAT MENTAL HEALTH FIRST AID COVERS

- Signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- Ways to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying

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.

Register at morrisplainsboro.org/mpmac-mhfa

This workshop represents a unique collaboration of the following strong community partners:

Sponsored by the Morris Plains Municipal Alliance and the Mental Health Association in New Jersey

Contact mpmacinfo@gmail.com

