Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, 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. The course introduces common mental health challenges for youth, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Mental Health First Aid courses are 8 hours long and feature:

- Hands-on activities and practice
- ALGEE, the 5-step action plan
- An overview of local mental health resources, support groups, and other help
- A resource manual packed with information on all topics covered in the course

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