



FREE Youth Mental Health First Aid Training

Calling ALL parents of youth between the ages of 9–20!

Mental health challenges are common among adolescents:

- **One in five (22%)** youth aged 13-18 experience a severe mental health disorder while **one in two (49.5%)** experience a mental health challenge
- **50%** of lifetime cases of mental illness **begin by age 14**, and **75% by age 24**
- **Suicide is the second leading cause of death** for American adolescents

Do you want to:

- Learn skills to support your child's mental health
- Identify common signs/symptoms of mental health challenges among youth
- Improve mental health knowledge and skills to support diverse youth in your community
- Interact with any child/adolescent in crisis
- Connect any youth to help
- Become a certified youth mental health first aider
- Help evaluate the effectiveness of YMHFA training

[Click here to sign up](#)



SCAN ME

https://umdsurvey.umd.edu/jfe/form/SV_7QXn2HPKkHoBEnI

COPY & PASTE ME

Earn up to \$80 for completing surveys!

5-hour virtual training will be held as part of a research study on Saturdays or Sundays from 10 a.m. to 4 p.m. EST between May and October

Questions?

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NATIONAL COUNCIL
for Mental Wellbeing

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**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



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