



# Youth Mental Health First Aid Training

---

## WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children & adolescents ages 12-18.

---

The course will teach you how to apply the MHFA 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.
- 

## Appropriate for all staff

Learn how to help youth in distress

---

This training will take place virtually on two (2) consecutive Tuesdays:

February 27, 2024  
10am - 1pm

February 29, 2024  
10am - 1pm

*\*must attend both days*

*\*plus 2 hours of online prework prior to classes*

*\*participants must be on camera for entire training*

**Cost: \$65**

Questions or to register, please email Patricia Pugliese at [ppugliese@njsacc.org](mailto:ppugliese@njsacc.org)



**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING