

# Eat Move Grow

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## Youth Mental Health First Aid

### Why Youth Mental Health First Aid

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders in youth. This 6.5 hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### Who Should Take It?

- ◆ Teachers
- ◆ School Staff
- ◆ Coaches
- ◆ Camp Counselors
- ◆ Youth Group Leaders
- ◆ Parents
- ◆ People who work with youth in their communities

### What It Covers?

- ◆ Common signs and symptoms of mental illness in his age group including :
  - Anxiety
  - Depression
  - Eating Disorders
  - Attention deficit hyperactive disorder (ADHD)

### Course Options

**Virtual:** First Aiders will complete a *2-hour, self-paced online class*, and then participate in a *4.5-hour instructor led videoconference via Zoom*. (*Highly recommended due to COVID*)

**Blended Learning :** After completing a *2-hour, self-paced online class*, First Aiders will participate in a *4.5-hour in-person instructor led class*.

**In person:** First aiders will receive their training as a *6.5-hour instructor led in-person course*.



Interested in more information or scheduling a training for your organization's staff ?

Contact **Lynne Bourgeois**  
at **(985) 519-3362** or  
via email at **lynne@eatmovegrow.us**



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

EatMoveGrow (EMG) works to close health gaps and create opportunities that promote stronger health environments for children. EMG is working in 23 rural Louisiana Delta parishes. EMG provides a wealth of obesity prevention programming in elementary schools. Program goals include:

- Teach students knowledge and skills so they can lead a healthier lifestyle
- Provide families with information necessary to support healthy habits at home
- Bring additional state and national programs to our schools to create fun learning opportunities
- Offer improved access to oral health care including education and preventative services

#### Some Statistics:

**64.1%**

of youth with major depression do not receive any mental health treatment.

-Mental Health America

**1 in 5**

Teens and young adults live with a mental health condition.

-National Alliance for Mental Health

**5.13%**

of youth report having a substance use or alcohol problem.

-Mental Health America