

# Youth Mental Health First Aid Training



**Saturday, February 24**

**9:00am - 3:00pm**

**Dauch Scout Center  
1776 West Warren Avenue  
Detroit, Michigan 48208**

## Course structure:

Three hour online course to be completed prior to in-person session

Six hour in-person session

**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\*\*\*

**Cost: Free**  
Register today at the link below



## WHO SHOULD ATTEND?

- Unit Leaders
- Volunteers
- Staff

## WHAT MENTAL HEALTH FIRST AID COVERS

- Common 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.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.



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<https://michiganscouting.org/youth-mental-health-first-aid/>