



Kentucky AWARE (Advancing Wellness and Resilience in Education)

Youth Mental Health First Aid (YMHFA) is an evidence-based program designed to give adults the skills to help young people who are developing a mental health problem or experiencing a mental health crisis. This free 8-hour course teaches how to identify, understand and respond to signs of addiction and mental illness. It explains the unique risk factors and warning signs of mental health problems in adolescents ages 12-18 and emphasizes the importance of early intervention. YMHFA training may be offered all in one day or over two or four shorter sessions.

4 Reasons to Become a Mental Health First Aider

- **Be prepared:** When a mental health crisis happens, know what to do.
- **You can help:** Adolescents with mental illnesses often suffer alone.
- **Mental illnesses are common:** One in five children experience a diagnosable mental health concern in any given year.
- **You care:** Be supportive of a friend, family member or colleague.

What you will learn

- Risk factors and warning signs of mental health problems.
- Information on depression, anxiety, trauma, eating disorders, Attention Deficit Hyperactivity Disorder, disruptive behavior disorders and substance abuse disorders.
- A five-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help — professional, peer and self-help resources.

Activities: Learn by getting involved with the material and relating what you learn to real-life applications. Discussion topics, exercises and other activities keep you engaged in the course and give you an opportunity to practice helping skills.

Environment: One or two certified instructors lead each course and follow a national curriculum and teaching standards, while emphasizing hope for recovery. Classes consist of 30 people or fewer.

Feedback from recent Kentucky YMHFA trainings

“Outstanding. This should be mandatory training for high school parents and students.”

“The course was intense with heavy information, but I feel very prepared to better assist the youth in my school.”

These trainings are part of the Kentucky AWARE project and are funded by a U.S. Department of Health and Human Services, SAMHSA NITT-AWARE grant awarded to the Kentucky Department of Education.

EILA credit and social work CEUs are available.

To schedule a free YMHFA certification course at your site:
Contact Kathryn Tillett,
Kentucky Department of
Education
(502) 564-4970
kathryn.tillett@education.ky.gov