

YOUTH MENTAL HEALTH FIRST AID

Online training to become a YMHFA “First Aider”

The Youth Mental Health First Aid (YMHFA) course teaches participants how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. YMHFA is best suited for middle and high school staff.

Session trainers are certified by the National Council for Mental Wellbeing
Learn more from mentalhealthfirstaid.org.



YMHFA TRAINING

Youth Mental Health First Aid (YMHFA) is a workshop lead by two trained instructors. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

This course is ideal for those having contact with children and adolescents ages 12-18. Examples include: teachers, aids, bus drivers, school support staff, coaches, juvenile justice workers, employers of youth, faith-based communities and youth organizations.

Upon completion participants will receive a Youth Mental Health First Aid Certificate, valid for 3 years.



LEARNING FORMAT

Virtual training learners:

- Complete a 2-hour, self-paced online course
- Participate in a 5.5-hour, Instructor-led training via video conference (Zoom).



REGISTRATION

WISH Center Virtual Training Session [30 participants max]

May 12, 2025 via Zoom [8:30am-2:00pm]

Register here:

<https://cesa4.app.neoncrm.com/event.jsp?event=1455&>

Register by May 5, 2025

WANT TO HOST A YMHFA TRAINING IN YOUR SCHOOL OR COMMUNITY?

- Reduce Mental Health Stigma and Build Literacy.
- Complete the [YMHFA Inquiry Form](#)
- WISH Center will coordinate trainers & materials at no cost. Partnership and funding provided by the Wisconsin DPI.
- A minimum of 15 participants must be met.

FOR REGISTRATION ASSISTANCE CONTACT: Kalli Rasmussen, CESA #4, (608)786-4832, krasmussen@cesa4.org



Learn more about Youth Mental Health First Aid and support provided by the WISH Center visit www.wishschools.org/resources/youth-mental-health-first-aid.cfm or contact Chelsea Bellville, WISH Center Regional Coordinator, cbellville@cesa10.org, or Alie Hubing, WISH Center Project Coordinator, ahubing@cesa4.org.

