

# 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](https://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).

### WANT TO BECOME A YMHFA INSTRUCTOR?

Once you complete YMHFA training you've met the pre-requisite to become a YMHFA trainer. The WISH Center plans to host a virtual Training of Trainers (TOT) in 2026-2027. Complete [this form](#) to receive an email with details when available.



## REGISTRATION

WISH Center Virtual Training Session [30 participants max]

December 18, 2025 via Zoom [8:30am-2:00pm]

Register here: <https://cesa4.app.neoncrm.com/event.jsp?event=1784&>

Register by January 8, 2026