



YOUTH MENTAL HEALTH FIRST AID FOR PARENTS AND ADULT ALLIES OF LGBTQ+ TEENS

“Support from trusted adults make positive impact. About 9.5% of youth ages 13 to 17 belong to the LGBTQ+ community. Those youth who felt high social support from their families reported attempting suicide at less than half the rate of those who felt low or moderate support.”

Williams Institute at UCLA School of Law

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-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents who may be developing a mental health or substance use problem and help connect them to the appropriate care.

45%
of LGBTQ+ youth seriously considered attempting suicide in the past year.
Source: Trevor Project

69%
of LGBTQ+ youth reported feeling persistently sad and hopeless, while only 35% of heterosexual youth reported the same.
Source: Trevor Project

60%
of LGBTQ+ youth who wanted mental health care in the past year were not able to access it.
Source: Trevor Project

WHAT IT COVERS

Common signs and symptoms of mental illness in this age group, including:

- Anxiety
- Depression
- Eating disorders
- ADHD
- Common signs and symptoms of substance use

- How to interact with a child or adolescent in crisis
- How to connect the person with help
- **New:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

The course will teach you how to apply the **ALGEE** action plan:

- Assess** for risk of suicide or harm
- Listen** nonjudgmentally
- Give** reassurance and information
- Encourage** appropriate professional help
- Encourage** self-help and other support strategies

Class Information (3 Sessions)

When:

- Session 1: April 11 from 6:30-8:00 PM
- Session 2: April 18 from 6:30-8:00 PM
- Session 3: April 25 from 6:30-8:00 PM

Where:

Envision Partnerships
2935 Hamilton-Mason Road, Hamilton, OH 45011
Drinks and snacks will be provided

Register today!

