

# Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. 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.

## PRESENTED BY

Enas Khaleq, They, Them  
YMHFA Certified Instructor

## UPCOMING TRAININGS

**9.30.24:**

Virtual Via Zoom

9AM-4PM

**6 CEUS**

Register at:

[www.tinyurl.com/LC3Trainings](http://www.tinyurl.com/LC3Trainings) or  
scan QR Code Below

## CONTACT

Javier Guerrero

ICS Community  
Coordinator, FYI+  
JGUERRERO@FYINM.ORG

Amanda Vega

ICS Community  
Coordinator, FYI+  
AVEGA@FYINM.ORG



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*For Behavioral Health and Wellbeing*

A Program of the New Mexico State University  
Cooperative Extension Service, Extension Family  
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