

## Youth Mental Health First Aid (MHFA)



REGISTER  
NOW

### What's Youth Mental Health First Aid

#### *The certification course...*

- Informs adults about common mental health concerns among youth
- Reduces stigma.
- Teaches adults how to recognize signs and symptoms of mental health and substance use problems in youth.
- Provides adults with skills to use a 5-step action plan to help a youth who may be facing a mental health problem or crisis, such as suicide.

#### Youth Mental Health Matters *as much as physical health*

The National Athletic Trainers' Association found that many student athletes report higher levels of negative emotional states than their non-student athlete peers.

### 1 in 5

One in five youth will experience a mental health challenge at some point during their life.

### 17.1 m

17.1 million youth under the age of 18 have or have had a psychiatric disorder – more than the number of children with cancer, diabetes, and AIDS combined.

### 7.4%

7.4% of children in the United States have a mental health visit in a given year.

### Take The Course!

*BeeThe1ToHelpSomeone  
Thank You!*

Apply for Scholarship  
[www.BeeThe1ToHelpSomeone.com](http://www.BeeThe1ToHelpSomeone.com)  
Email: [contactbeethe1@gmail.com](mailto:contactbeethe1@gmail.com)