



# WHY YOU SHOULD CONSIDER BEING A YOUTH MENTAL HEALTH FIRST AIDER

## 59.4%

of Wisconsin Youth have experienced depression, anxiety, self-harm, or suicidal ideation in the past 12 months

## 1 in 5

Youth live with a mental health condition



**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.

Sign up for a **FREE Youth MHFA Training** at <https://wirose.wisc.edu/community-programming/>



## Virtual Youth Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in a partial day Instructor-led Zoom Meeting. Limited to 20 adults.

### Upcoming Trainings

- [April 6<sup>th</sup>](#)
- [April 16<sup>th</sup>](#)
- [May 7<sup>th</sup>](#)
- [May 19<sup>th</sup>](#)
- [May 21<sup>st</sup>](#)
- [June 18<sup>th</sup>](#)

Start and end times listed on the registration form and the [WiROSE website](#)

### Who should be trained?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth