



NORTH CAROLINA YOUTH AND teen MENTAL HEALTH FIRST AID INITIATIVE

Target Audience

Public, private and charter school staff, and youth serving organizations.

What is Youth Mental Health First Aid (YMHFA)

Youth Mental Health First Aid (YMHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

*What it Covers**

- Common signs and symptoms of mental health and substance use challenges in this age group.
- How to interact with a child or adolescent in crisis.
- How to connect a youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Three Ways to Learn

- In-person (2nd Edition) – Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- Blended In-person or Blended Virtual – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour (plus breaks) Instructor-led training *in the classroom or via video conference (Zoom, Teams, etc.)*.

**Meets the youth mental health and suicide prevention requirements outlined in State Board of Education Policy [SHLT-003](#), North Carolina [SL 2019-245](#), and North Carolina [SL 2020-7](#).*

What is teen Mental Health First Aid (tMHFA)

teen Mental Health First Aid (tMHFA) teaches teens in grades 10-12, or ages 15-18 how to be a supportive friend, encouraging friends to seek help, and knowing when it's time to get someone else involved.

What it Covers

- How to open the conversation about mental health and substance use challenges.
- Common signs and symptoms of mental health and substance use challenges.
- The impact of school violence and bullying on mental well-being.
- How to seek the help of a responsible and trusted adult.

Three Ways to Learn

- In-person – Lessons are conducted in person in six 45-minute sessions or three 90-minute sessions.
- Blended – Teens complete a 20 – 30-minute self-paced online lesson, then participate in three or six live, instructor-led sessions in the classroom.

Added Benefits

- Trainings provided at no cost to schools or youth serving organizations.
- Stipends available for school personnel attending trainings.
- Scholarships for staff interested in being a Youth or teen MHFA instructor.
- Ongoing instructor and training support.

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