



# 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



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.

Sign up for a **FREE Youth Mental Health First Aid 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 an Instructor-led Zoom Meeting. Limited to 20 adults.

## Upcoming Trainings

All trainings start at 9:00am and end at 3:00 pm

- [April 4, 2022](#)
- [April 15, 2022](#)
- [May 6, 2022](#)
- [May 20, 2022](#)
- [June 20, 2022](#)

## Who should be trained?

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



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Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements