



## Train Your School Staff

# Mental Health First Aid

### What is Youth Mental Health First Aid?

- Mental Health First Aid is a cornerstone initiative of ThriveNYC, a citywide plan of action to support the mental health and well-being of New Yorkers
- The course is designed to train teachers, staff, parents and students over the age of 17 how to identify and respond to common youth mental health challenges and crisis.
- Topics covered include: ADHD, Depression, Anxiety, suicide and substance use
- This workshop leads to greater recognition of behavioral health challenges amongst youth while providing adults with a plan on how to approach some of these issues

### Why get Trained?

- 8% of NYC public school students report attempting suicide
  - Over 1 in 4 public high school students in NYC report feeling sad or hopeless
  - Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder
  - Participants receive a nationally recognized certification upon completion of the course
- \*CTLE Credits are provided to all Teachers who complete the course***

### How do I sign up?

- To schedule a free staff training at your school, email David Rivera at: [DRivera3@health.nyc.gov](mailto:DRivera3@health.nyc.gov)
- DOE employees interested in registering for a training as part of professional development during Regents Week or a Chancellor's Day, please visit: <http://nyc.gov/DOEMentalHealth>

