

VIRTUAL YOUTH MENTAL HEALTH FIRST AID

- First- and second-generation Latinx immigrant youth are **more likely** to develop depression and anxiety.
- Immigrant youth are **more likely** to be exposed to violence and experience PTSD.
- **48.57%** and **45.71%** of undocumented immigrants report worsened anxiety and depression due to the Covid-19 pandemic.
- **64.1%** of youth with major depression do not receive any mental health treatment.
- **1 in 5** teens and young adults live with a mental health condition.
- **5.13%** of youth report having a substance use or alcohol problem.

Youth Mental Health First Aid (YMHFA) teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.**

This **7-hour training** gives **adults who work with immigrant-origin youth** the skills they need to reach out and provide initial support to youth (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group.
- Common signs and symptoms of substance use.
- How to interact with youth in crisis and non-crisis situations.
- How to connect youth with help.
- The ALGEE Action Plan.

WHO SHOULD TAKE IT?

Educators or school-based staff that work with a large number of immigrant youth who want to become certified First Aiders.

WHAT DOES PARTICIPATION INVOLVE?

Participants complete one **2-hour self-paced online course**, one **2.5-hour instructor-led session**, and one **2-hour instructor-led session at no cost.**

You will be asked to complete **3 online surveys** at pre-training, post-training, and 3-months follow-up.

You will also be asked to participate in an optional **30-minute focus group.**

You will receive a **\$15 gift card** as compensation for your participation.

For more information, please contact Olivia Khoo at okk2108@tc.columbia.edu

REGISTER FOR THE TRAINING HERE



**MENTAL
HEALTH
FIRST AID**

TEACHERS COLLEGE
COLUMBIA UNIVERSITY
A Graduate School of Education, Health & Psychology

