



NKHS
Northeast Kingdom Human Services

We're
All About
Being
Human!



**VERMONT
CARE
PARTNERS**

Youth Mental Health First Aid

Youth Mental Health First Aid is brought to you by Northeast Kingdom Human Services (NKHS). The training is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) experiencing a mental health or addiction challenge or who is in crisis.

Youth Mental Health First Aid is primarily for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan to help young people in both crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Date:

Sept 29, 2026

Time:

9 AM to 5 PM

Location:

NKHS St. J Office
Sun Room



Scan the QR code to register. Please register by Sept 21.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

1 in 5

teens and young adults lives with a mental health condition.

50%

of all mental illness begin by age 14, and 75% by the mid-20s.



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING