



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®



YOUTH MENTAL HEALTH FIRST AID FOR TRIBAL COMMUNITIES AND INDIGENOUS PEOPLES



Offering YMhFA for Tribal Communities and Indigenous Peoples is vital in that it recognizes and honors the past, present and future. The course opens the door to the conversation of healing and intervention beyond the parameters of a mainstream perspective.”

— **Onawa M. Miller**
Citizen of the Quechan Indian Tribe
YMhFA Instructor and National Trainer

WHY MENTAL HEALTH FIRST AID?

Confidently recognize and respond to an Indigenous adolescent ages 12-18 who may be experiencing a mental health or substance use challenge or crisis.

Adolescence is a time of critical change and development, and a time when mental health challenges often emerge. Provide a strong cultural connection and early intervention with a culturally appropriate course designed to acknowledge and honor Tribal Communities’ and Indigenous Peoples’ practices.

60%*

of Indigenous youth have experienced or are experiencing severe mental distress.

Research suggests that

YOUTH WITH STRONG CULTURAL CONNECTEDNESS*

was connected to positive mental health.

23%*

of Native Americans reported experiencing discrimination in a health care setting, and 15% avoided seeking health care because of anticipated discrimination.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- Unique impacts of mental health and mental health challenges on Tribal Communities and Indigenous youth.
- Risk factors and protective factors specific to Indigenous youth.
- How mental health topics apply to their community, family and selves.
- Applying the MHFA Action Plan (ALGEE) in scenarios that reflect the unique needs and experiences of youth of Tribal and Indigenous Communities.
- National, regional and community mental health resources for youth of Tribal and Indigenous Communities.

WHO SHOULD TAKE IT

- Adults ages 18 and older who work with Indigenous youth.
- Family members of Indigenous youth.
- Other individuals who are a part of, connected to or support Tribal Communities and Indigenous youth.

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

GET CERTIFIED

Find a course at [MentalHealthFirstAid.org](https://www.MentalHealthFirstAid.org)

Contact us at: Hello@MentalHealthFirstAid.org