



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

Why Youth Mental Health First Aid?

HB 3, 88th Texas Legislature, Regular Session, 2023, added Texas Education Code (TEC), §22.904, to require each school district employee who regularly interacts with students enrolled in the district to complete an evidence-based mental health training program designed to provide instruction to participants regarding the recognition and support of children and youth who experience a mental health or substance use issue that may pose a threat to school safety.

10.2%

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

1 IN 5

teens and young adults live with a mental health condition.

Source: National Alliance for Mental Illness

50%

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

Source: Archives of General Psychiatry

Workshop #353743

Date: Friday, May 23, 2025

Time: 8:30 am – 4:00 pm

Place: Region One's Rio Grande Room

Audience: Teachers, School Staff, Coaches, Counselors, Youth Group Leaders, Parents, & all adults who work with youth

In-person 8 hour instructor led training

THIS COURSE WILL TEACH YOU HOW TO APPLY THE MHFA ACTION PLAN (ALGEE):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Schedule your Training Today!
Call the Department of Counseling & Mental Health
at 956-984-6201 for more information.

