

Youth Mental Health First Aid – May. 26, 2026 Supported by Rowan County Public Health

As a Youth Mental Health First Aider, you can be the one to make a difference in the life of someone with a mental health challenge. Your actions can be a first step in a youth's recovery journey.



Youth Mental Health First Aid (YMHFA) is an early intervention public education program. It teaches adults who work with youth how to recognize the signs and symptoms that suggest a potential mental health or substance use problem, how to listen nonjudgmentally and give reassurance to a youth who may be experiencing a mental health or substance use problem, and how to refer a person to appropriate professional support and services.

By the end of the 8-hour course, participants will be able to:

- Describe the purpose of YMHFA and the role of a Youth Mental Health First Aider.
- Recognize the signs and symptoms of mental health or substance use problems that may impact youth.
- Explain the impact of traumatic experiences and the role of resilience on adolescent development
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) in a crisis and non-crisis scenario.
- Practice appropriate methods for self-care following the application of YMHFA in a crisis and non-crisis situation.

Questions?

For more information:
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Tues., May. 26, 2026
Rowan Community Center
1935 Jake Alexander Blvd. W.,
Dogwood Room
Salisbury, NC
8:00am – 5:00pm

YOUTH Mental Health First Aid
Training 5/26/26 INTEREST FORM

