



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 early intervention with a course designed to acknowledge and honor Tribal Communities’ and Indigenous Peoples’ practices.

**60%**

of American Indian/  
Alaskan Native youth  
have experienced or  
are experiencing severe  
mental distress.

Non-Hispanic American  
Indian and Alaska Native  
people had the

**HIGHEST RATE OF  
SUICIDE IN 2023,**

with an  
age-adjusted rate of  
**23.8 PER 100,000.**

Nearly  
**45%**

of American Indian/Alaskan  
Native youth reported that  
they felt sad or hopeless  
almost every day for two or  
more weeks in a row in the  
past year.

\*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** at [www.qualityhealthnd.org/contracts/mhfa](http://www.qualityhealthnd.org/contracts/mhfa)

Contact us at: [mentalhealth@qualityhealthnd.org](mailto:mentalhealth@qualityhealthnd.org)