



- 8:00am** **Session 1, Part 1**
- *What Is Youth Mental Health First Aid?*
 - *Adolescent Development & Mental Health Problems in Youth*
 - *The Mental Health First Aid Action Plan*
 - *Signs & Symptoms*
- 10:00am** **Break**
- 10:15am** **Session 1, Part 2**
- *Risk Factors & Protective Factors*
 - *Using the Mental Health First Aid Action Plan*
 - *Assess for Risk of Suicide or Harm*
- 12:15pm** **Lunch**
- 1:15pm** **Session 2, Part 1**
- *Using the Mental Health First Aid Action Plan*
 - *In Non-Crisis Situations*
 - *Intensive Scenario Work*
- 3:15pm** **Break**
- 3:30pm** **Session 2, Part 2**
- *Using the Mental Health First Aid Action Plan*
 - *In Crisis Situations*
 - *Intensive Scenario Work*
- 5:30pm** **End**

**The above reflects a one-day course agenda. The course can be taught over two days or more, but all 8 hours of content must be included. Any agenda should factor in break times for participants.*