



# Join the Mental Health First Aid movement

Every year camps spend thousands of dollars and hundreds of hours on physical first aid, yet most of the every day crisis' directors deal with fall in to the mental health realm (anxiety, disruptive behavior disorders, eating disorders and more). **Why not spend some time on Mental Health First Aid?**

## Mental Health First Aid from The Council for Behavior Health offers:

- Content for camp professionals, seasonal directors or assistant directors, camp counselors and administrators.
- Topics covering: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.
- Training to many organizations including law enforcement with over half a million people trained already.
- Discussion with other youth leaders about how to avoid a crisis, identifying tipping points and what to do if a youth is in crisis.
- Mental health resources for your region.
- The ability to join a class in your area or schedule a class for your camp or group of camps.
- Trainings in all 50 states.
- 8 hour course with a 2 year certification.

### Want more information?

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### MHFA Website

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

### MHFA Camp Representative

### FYI

20% of kids ages 13-18 live with a mental health condition.

11% of youth have a mood disorder

10% of youth have a behavior conduct disorder

8% of youth have an anxiety disorder

\*NAMI 2015