

# Youth Mental Health First Aid (YMHFA)

## Youth Mental Health First Aid Training

### What is YMHFA?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**Monday, December 8, 2025**

**Location: HBS M4846 4th**

**Floor Main Building  
(backside of ENT Clinic)**

**Time: 0700-1530**

Register by searching "Youth Mental Health" at Children's National Continuing Education site. Access this site via: <https://ce.childrensnational.org>, or by scanning QR code



**Children's National.**

**Target Audience:** Registered Nurses in all areas.

### Narrative/Learning Objectives:

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

To **claim credit**, text SMS code provided during your session to 301-273-7643 or enter the code at [ce.childrensnational.org/code](https://ce.childrensnational.org/code)

**Joint Accreditation:** In support of improving patient care, this activity has been planned and implemented by Children's National Hospital. Children's National Hospital is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Children's National Hospital Accreditation Provider# 4008362

**ANCC Credit Designation Statement:** Children's National Hospital designates this activity for a maximum of **6.5** live ANCC contact hours.



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