



Youth Mental Health First Aid Training

Monday, February 23, 2026

0700-1500

Main Building: Floor 2: Nulsen M2557A

TIME	SEGMENT	TOPIC
0700 - 0735	1	Welcome and Introduction to Youth Mental Health First Aid
0735 - 0845	2	Mental Health and Illness in Youth
0845 - 0900		Break
0900 - 0935	3	Typical Adolescent Development
0935 - 1020	4	Signs and Symptoms of Mental Health Challenges in Youth
1020 - 1050		Break
1035 – 1200	5	The MHFA Action Plan (ALGEE) in a Non-Crisis Scenario
1200 - 1245		Lunch
1245 - 1430	6	The MHFA Action Plan (ALGEE) in a Crisis Scenario
1430 – 1445	7	Self-Care for the Youth Mental Health First Aider
1445 - 1500		Closing Remarks

Lunch will be provided