



# Why Mental Health First Aid for Youth?

**50% OF ALL LIFETIME MENTAL HEALTH CONDITIONS BEGIN BEFORE THE AGE OF 14.**

**75% start before the age of 24.**

Mental Health First Aid helps reduce stigma, teach signs and symptoms, and prepare first aiders to use a 5 step action plan to use when a youth is facing a mental health crisis.

March 30th, 2023  
9 a.m. - 4:30 p.m in the  
Student Union



← Insert time location date here using text box

← Add logo the same way you added the image of your flyer. Click and drag to fit box

*Get certified in Mental Health First Aid.*

- Right click on the flyer you need and select “save as”.
- When saving choose “jpeg” as file type.
- Open the jpeg image of the flyer you saved and copy it to your clip board.
- Open a new blank document using Microsoft word, google docs, pages, or whichever equivalent software you use and paste the image onto the document. (you can also select “insert image” or “insert media” instead of copying and pasting and select the flyer)
- On Microsoft word you will need to select text wrapping select “image behind text” before this next step.
- Click and drag your flyer to the upper right corner of the flyer meets the upper right corner of the document. Then extend the bottom right corner of the flyer to the bottom right corner of the document so that the flyer fits the size of the document.
- Insert a text box and add your MHFA date, time, location and any other relevant details into the tan or blue blank box provided on the flyer.

- Below that you made add your organizations logo by “adding media” or “insert image” and you may then use whatever file type you have of your logo.
- Add your logo and any other finishing touches, save the document as a pdf, and print and distribute flyer any way you see fit. Happy promoting!