



Handouts & Exercises Overview

Note: Some materials may be used in multiple sessions, but are categorized according to the first reference in the teaching notes.

Session 1

Opinions About Youth Mental Health Problems
Age of Onset: Get Up and Go Exercise
Auditory Hallucination Script

Session 2

ALGEE Jigsaw
MHFA Youth Scenarios
Fact, Fiction or Somewhere in Between: Youth Suicide & Self-Injury
Youth MHFA Quiz