

Youth Camp - Mental Health Training Resources

Training is a recommended part of your Mental Health preparation for summer camp. Here are some useful resources that offer training and programs geared towards Youth and Adults.

- Maryland Department of Health, Behavioral Health Administration Child, Adolescent and Young Adult Services
 - <http://mdbehavioralhealth.com/>
 - “MDBehavioralHealth.com is an online training site hosted by the Department of Psychiatry at the University of Maryland School of Medicine. Developed in partnership with the Maryland Department of Health, Behavioral Health Administration Child, Adolescent and Young Adult Services, the site provides training to individuals interested in supporting the behavioral health of youth and their families. “

- Mental Health Association of Maryland
 - <https://www.mhamd.org/>
 - “MHAMD's Mental Health First Aid® training course helps people improve their understanding of mental health, learn how to recognize symptoms, identify community resources, and link people to treatment. Engage with™ trains older adult caregivers in how to engage in healthy working/caring relationships.”

- Mental Health First Aid from National Council for Mental Wellbeing
 - <https://www.mentalhealthfirstaid.org/>
 - “Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.”

- The Alliance for Eating Disorder Awareness – Mid Atlantic
 - <https://www.allianceforeatingdisorders.com/>
 - “The National Alliance for Eating Disorders is the leading nonprofit organization dedicated to the outreach, education, early intervention, support, and advocacy for all eating disorders.”

In the event of an emergency:

- National Suicide Prevention Lifeline 1 (800) 273-8255
- Maryland Crisis Hotline dial 211 – press 1 OR 800-422-0009