

consider how best to involve the parents, caregivers,
or guardians. In the case of a medical emergency,

you need to call for emergency assistance first. If the young person is at risk of suicide or harm (perhaps from alcohol or other drug use), the first aider will need to involve a parent, caregiver, or guardian urgently. Even if the problem is not urgent, it is still best to involve parents and caregivers when possible and as soon as possible. Start by asking the youth if they would like to speak to their parents or caregivers privately or if they would like you, as the first aider, to help. You can offer to talk to their parents or caregivers along with them or by yourself. Parents, caregivers, or guardians may not have a great deal of knowledge about mental health.

disorders themselves, and you may be in a position to give them the information they need to get help for their child. This may be information about mental





