



## DON'T JUST TAKE OUR WORD FOR IT...

Training Testimonials  
from Camp Counselors,  
Staff & Program  
Directors

"I learned how to assist young people in an effective, safe manner when it came to mental health. This skillset is useful in my prospective career as a religious leader and currently as a camp counselor."

"Without proper training, a person may be focused on diagnosing an issue rather than providing empathy, reassurance, and nonjudgmental listening, or they may act as a mental health professional when they are not licensed to do so."

"As a camp counselor, I used Youth Mental Health First Aid when a camper came out to me. He was very trepidatious about his mental health and emotional security regarding his parents knowing (or not knowing) about his sexuality. He feared retribution if he came out at home. Rather than attempt to solve this conflict, I assessed for signs of immediate risk/harm, listened non-judgmentally, and provided information about local resources at camp and in the city where he lived. I encouraged him to use these resources if he thought they would be helpful."

*Adam G.  
Camp Counselor*

"It is clear that campers who have counselors who have undergone mental health training, feel more protected and are ultimately able to have a more enjoyable camp experience than those at camps with untrained counselors."

Without the training, I might have tried to diagnose a person, using what they are telling me to pinpoint a specific disorder as opposed to assessing for general risk or harm. I also might have tried to prescribe a specific solution based on my experience as opposed to encouraging a variety of options and empowering the individual to choose the resources that best fit their needs."

*Camp Counselor  
Los Angeles, CA*

"I can better recognize signs and symptoms and respond to them."

"Being away from parents and having to deal with a mental disorder on his/her own can be scary and often result in a child having to leave early. If there were better resources for children with mental illnesses, it would make this time at camp easier for them and allow them to share in the experience with their fellow campers."

*\*All quotes are anonymous if not otherwise attributed.*

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