



WHY TAKE YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches adults you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- ✓ Common signs & symptoms of mental illness in this age group
- ✓ Common signs and symptoms of substance use
- ✓ How to interact with an adolescent in crisis
- ✓ How to connect an adolescent with help

WHO SHOULD TAKE IT?

- ✓ Teachers
- ✓ School staff
- ✓ Coaches
- ✓ Camp counselors
- ✓ Youth group leaders
- ✓ Parents
- ✓ People who work with youth

The course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

REGISTER NOW!

October 30th from 8:30am-5pm

Registration Fee \$75

Call (508) 556-1343 or kmarien@centerforhealthimpact.org



Center for Health Impact