



## YOUTH MENTAL HEALTH FIRST AID TRAINING

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

**When: Monday, January 22, 2018**

**Time: 8:00am-5:00pm CT**  
**Lunch 12-1pm (on your own)**

**Where: Mid-Plains Community College- McMillen Hall # 213**  
**1205 E. 3<sup>rd</sup> St**  
**McCook, NE 69001**

**COST:** There is no fee to attend the training, **registration is required.**

Sponsored by Region II Human Services & Mid-Plains Business & Community Education

Additional questions, please call Shannon at Region II Human Services at 308-534-6029 ext. 152  
Or Brenda Petersen at Cervelle Consulting Services at 308-221-6647.

### **REGISTRATION:**

Please fill out the registration information below and send to [shannonsell@r2hs.com](mailto:shannonsell@r2hs.com).

**Please register by Wednesday, January 17, 2018. Class size is limited.**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_/\_\_\_/\_\_\_ Phone number \_\_\_\_\_ Email Address \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

**Brief description of why you're enrolling in the course:** (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



#### *ALGEE, the Mental Health First Aid 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*

#### **Questions? Contact Shannon at 308-534-6029 ext 152.**

Funding provided by grant number 1U79SM061741-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Signature \_\_\_\_\_

Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing  
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.  
Take the course, save a life, strengthen  
your community.



*ALGEE, the Mental Health First Aid Action*

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

Funding provided by grant number 1U79SM061741-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.