



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, April 16, 2018

Time: 8:00am-5:00pm CT

Lunch 12-1pm (on your own)

Where: Central Community College
1501 Plum Creek Parkway
Lexington, NE 68850

There is no registration fee to attend.

Sponsored by Region II Human Services & Central Community College, Lexington Center

Additional questions, please call Shannon at 308-534-6029 ext. 152 or shannonsell@r2hs.com.

REGISTRATION:

Please fill out the registration information below and send to johannahhochstetler@cccneb.edu or call Johanna Hochstetler at 308-324 8482.

Please register by Wednesday, April 11, 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)

Signature _____



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.

"This project was supported in whole or part, from state and federal funds received from the Division of Behavioral Health of the Nebraska Department of Health and Human Services."



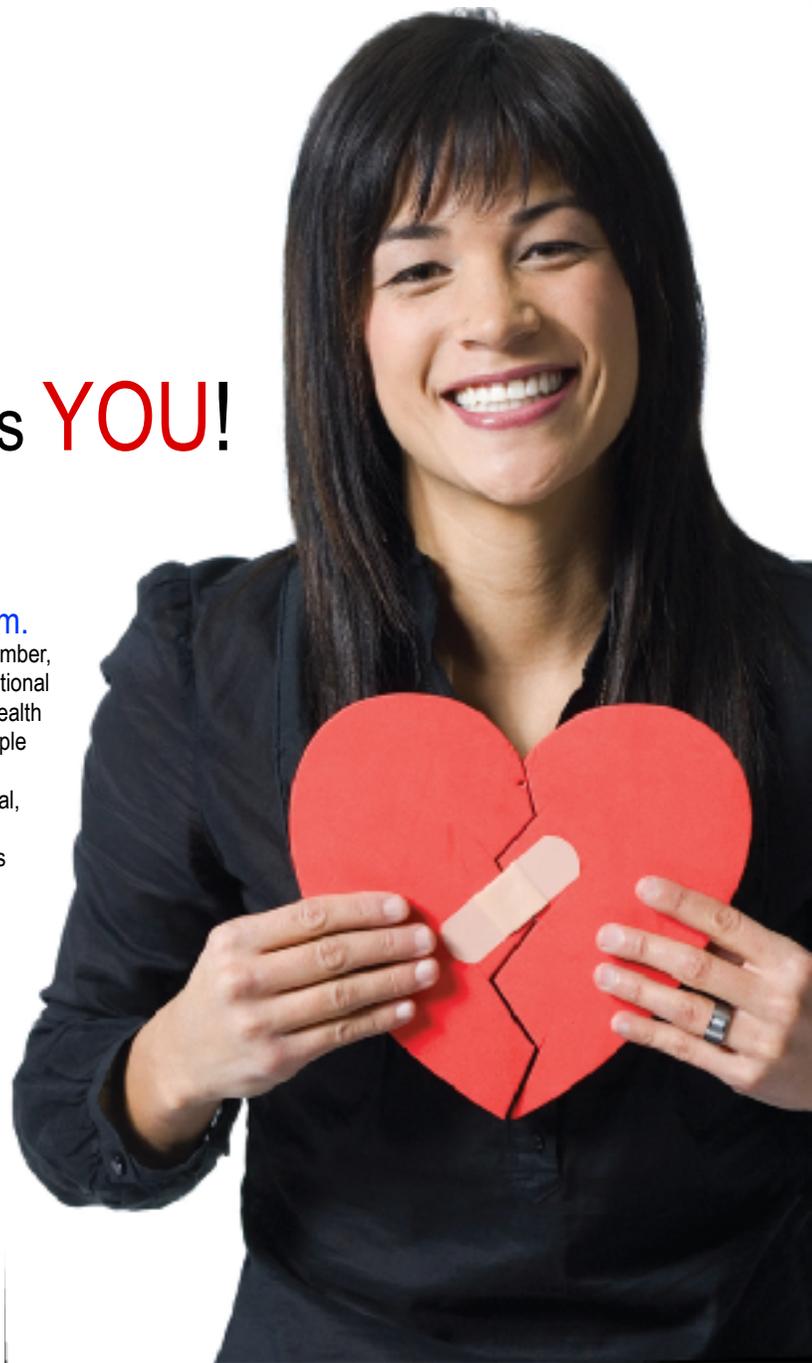
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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.



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