



MENTAL
HEALTH
FIRST AID

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: Friday, March 20, 2026
Time: 9:00am-4:30pm CST
Lunch 12-1pm (on your own)
Facilitator: Michelle Kohmetscher

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

REGISTRATION:

Please fill out the registration information below and send to Relena Lyddon at relenalyddon@cccneb.edu or Maira at 1-308-338-4081 to register. AVOR 9000 CLE26

Additional questions, please call Shannon at 308-529-0595 or shannonsell@r2hs.com
CEU's are not available for the training, but a certificate of completion will be available after the training.

Please register by Wednesday, March 18, 2026. Class size is limited.

Last Name: _____ First Name: _____ MI _____

Address: _____ City _____ State _____ Zip _____

Birthdate ____/____/____ Phone number _____ Email Address _____

Occupation and employer name, if applicable: _____



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*

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This project is 100% funded (\$5,093) through state dollars, contracted from the Nebraska Department of Health and Human Services, Division of Behavioral Health.