



**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, Oct 21, 2022
Time: 9:00am-4:30pm 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

REGISTRATION:

Please fill out the registration information below and send to cherylbowers@cccneb.edu or call CHERYL BOWERS-RICHARDSON at 308-324-8480. Please register by October 18, 2022.
AVOR 9000 CLE11

CEU's are not available for the training, but a certificate of completion will be available after the training.

Any additional questions, please call Shannon at 308-529-0595 or shannonsell@r2hs.com

Last Name: _____ First Name: _____ MI _____

Address: _____ City _____ State _____ Zip _____

Birthdate ___/___/___ Phone number _____ Email Address _____

Occupation and employer name, if any _____



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*

"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."

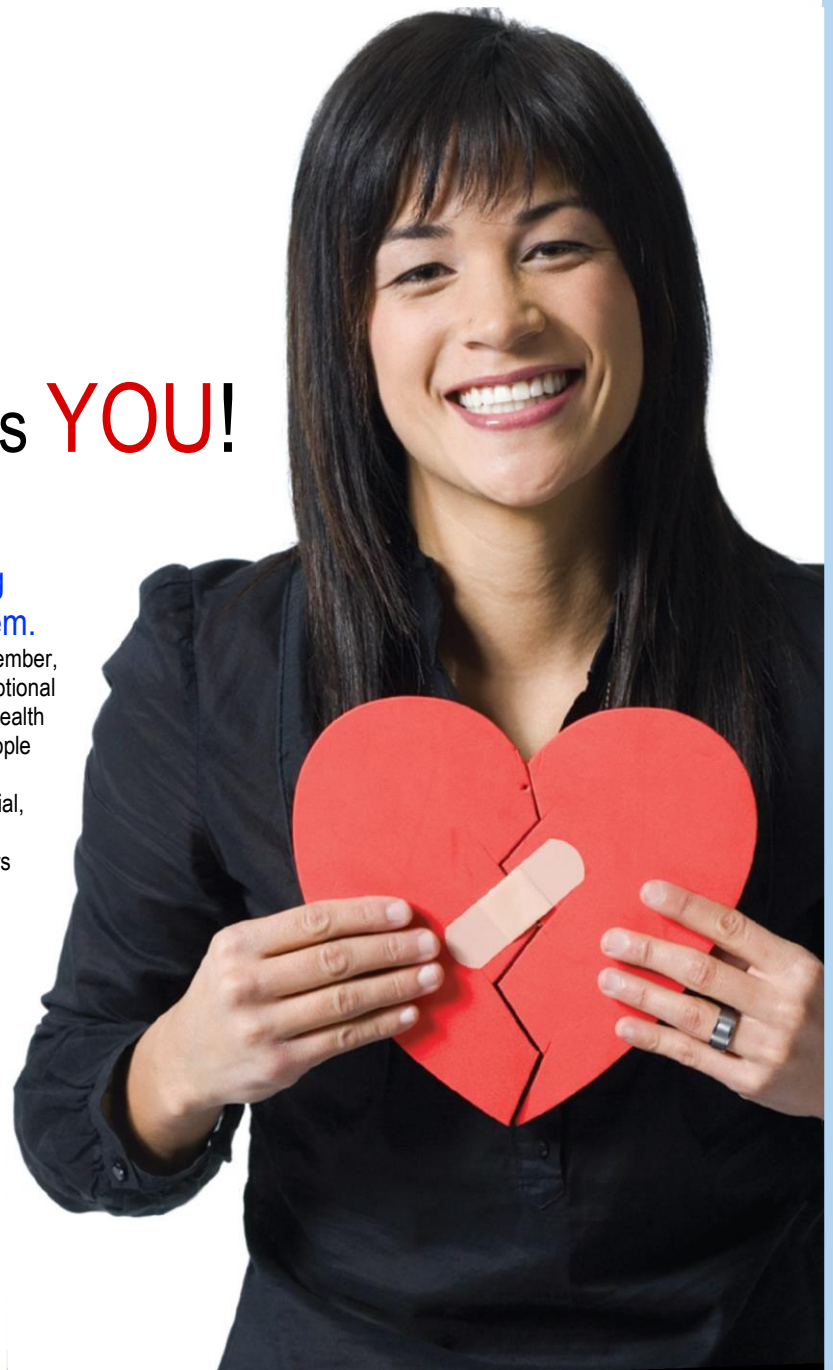
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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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