



YOUTH MENTAL HEALTH FIRST AID TRAINING

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist youth experiencing a mental health crisis.

Monday, September 9, 2019

8am – 5pm

There is no fee to register. Space is limited.

**SIU Student Center
Illinois and Mississippi River Rooms**

Check-in 8:00 – 8:30 am, Training 8:30 – 5:00pm

REGISTRATION – Please Register by August 30th.

There is no fee to register. Space is limited. Lunch will be provided.

To register, please email the information below to cherie.wright@sih.net or call 618.457.5200 x 67844.

Name _____

Phone number _____

E-mail address _____

Occupation and employer name _____



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 cherie.wright@sih.net
or call (618) 457-5200 x. 67844**

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

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Approximately 1 in 5 adolescents have a mental health disorder that significantly impacts their ability to function. How equipped are you to help in these situations? Are you a person that teens can go to in a time of crisis?

The goals of YOUTH MENTAL HEALTH FIRST AID are to increase knowledge of mental health conditions in youth and give adults around them the tools to help.

Participants in the 8 hour YOUTH MENTAL HEALTH FIRST AID course will receive a full color reference manual that covers a range of topics including helpful information on:

- Depression
- Anxiety
- Eating disorders
- Substance abuse
- AA and Disruptive Disorders
- Suicidal thoughts
- Panic attacks and Trauma



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



Training Provided by:

