



MENTAL HEALTH FIRST AID

Youth Mental Health First Aid

A young person you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone — a friend, family member, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Facilitated by nationally certified instructors, Taryn Mack and Brian Rendel., **Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to a young person 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 18 years of age and older may take this 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

WHEN?

8-hours in two half-days, January 28-29, 2015

Wednesday and Thursday from 8:00 a.m. to 12:30 p.m.

Certification is three years, and requires full attendance both days.

WHERE?

Copper Country Mental Health Services Institute

900 W. Sharon Avenue, Houghton, MI 49931

REGISTER

Course fee is \$35 which includes a 200+ page manual, materials, and a light breakfast each morning.

- Please register and send payment by January 23.
- Call 906-482-4880 if you wish to register by phone, or use the form below.

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

Sometimes, first aid is **YOU!**



Register online for the January 28-29, 2015 YMHA online at <http://goo.gl/43QRAA>, or complete and fax (906-482-7657), or mail this form by January 23, 2015 to:

Copper Country Mental Health Services Institute
900 W. Sharon Avenue, Houghton, MI 49931

Mail \$35 check (payable to CCMH Institute)

Name: _____

Phone: _____

E-mail: _____

Occupation: _____



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*

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.

Call us if you have questions: 906-482-4880
Or, email brendel@cccmh.org