



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.**

We are more likely to encounter a friend, family member, neighbor, or member of the community experiencing an emotional or mental crisis than someone having a heart attack. Facilitated by national certified trainers Taryn Mack and Brian Rendel, **this course equips participants with a 5-step action plan to help young people showing signs or experiencing symptoms of a mental health problem.** The course is ideal for school personnel, juvenile court workers, first responders, law enforcement, faith community leaders, medical professionals, and caring citizens such as parents, grandparents, neighbors and friends.

The Rice Memorial Foundation and Copper Country Mental Health Institute are co-sponsors. Participant fees cover the cost of manuals. **Contact us about limited Mental Health First Aid Initiative scholarships available to agencies sending employees.** Funding for the Mental Health First Aid Initiative is provided through Great Lakes Recovery Centers through a grant from the Superior Health Foundation.

## WHEN?

**8-hours in 2 half-days, March 3 and 4, 2016**

Thursday and Friday from 10:00 a.m. to 3:30 p.m.

Full attendance both days is required to receive a certificate.

## WHERE?

**Baraga County Memorial Hospital**

18341 US-41, Baraga, MI 49946

## REGISTER

Course fee is \$35, which includes a 200-page manual, materials, & lunch.

- **Please register and send payment by February 26.** The fee is non-refundable, as space is limited.
- Call 906-482-4880 if you wish to register by phone, or use the form below.



Register online at <http://bit.do/MHFAMar3and4> for the March 3-4, 2016 MHFA in Baraga, or complete and fax (906-482-7657), or mail this form with non-refundable payment by February 26, 2016 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: \_\_\_\_\_

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

Sometimes, first aid is **YOU!**



*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](mailto:brendel@cccmh.org)