



Youth Mental Health First Aid

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, June 29 & 30, 2016

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

Full attendance both days is required to receive a certificate.

WHERE?

Gogebic-Ontonagon ISD

202 Elm St., Bergland, MI 49910

REGISTER

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

- Please register and send payment by June 27.
- Call 906-482-4880 if you wish to register by phone, or use the form below.



Register online at <http://bit.do/mhfa> for the June 29-30, 2016 MHFA in Bergland, or complete and fax (906-482-7657). Please mail this form with payment by June 27, 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