



MENTAL  
HEALTH  
FIRST AID

# Youth Mental Health First

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

**Youth Mental Health First Aid** helps you identify and offer help to a young person developing a mental health problem or experiencing a mental health crisis. The course gives you the skills you need to apply the Action Plan to reach out and provide initial support until appropriate treatment is received or the crisis is resolved.

## WHO

Adults who encounter youth on a regular basis.

## WHEN

April 19 & 20, 10:00 AM - 3:30 PM. Both days are required for credit.

## WHERE

CCMH Institute, 900 W. Sharon Avenue, Houghton, MI

## REGISTER

Registration is \$35, including book and lunch. Call Annette or Brian at (906) 482-4880, or email [brendel@cccmh.org](mailto:brendel@cccmh.org) or register online: <http://bit.do/mhfa>



# ALGEE

The Mental Health First Aid Action Plan



**A**ssess for risk of suicide or harm



**L**isten nonjudgmentally



**G**ive reassurance and information



**E**ncourage appropriate professional help



**E**ncourage self-help and other support strategies

**Sponsored by Copper  
Country Mental Health  
Services and**

**Rice Memorial Clinic  
Foundation**

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.