

Youth Mental Health First Aid

www.MentalHealthFirstAid.org



Youth Mental Health First Aid helps participants learn to 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

Thursday, May 31, 2018 8:00 AM - 5:00 PM. .

WHERE

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

REGISTER

Online at <http://bit.do/mhfa>. Register by May 24, 2018.

- Fee is \$35, including book and lunch.
- More info, contact Brian at (906) 482-4880 or brendel@ccmh.org



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

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.