

Youth Mental Health First Aid

Certification Course

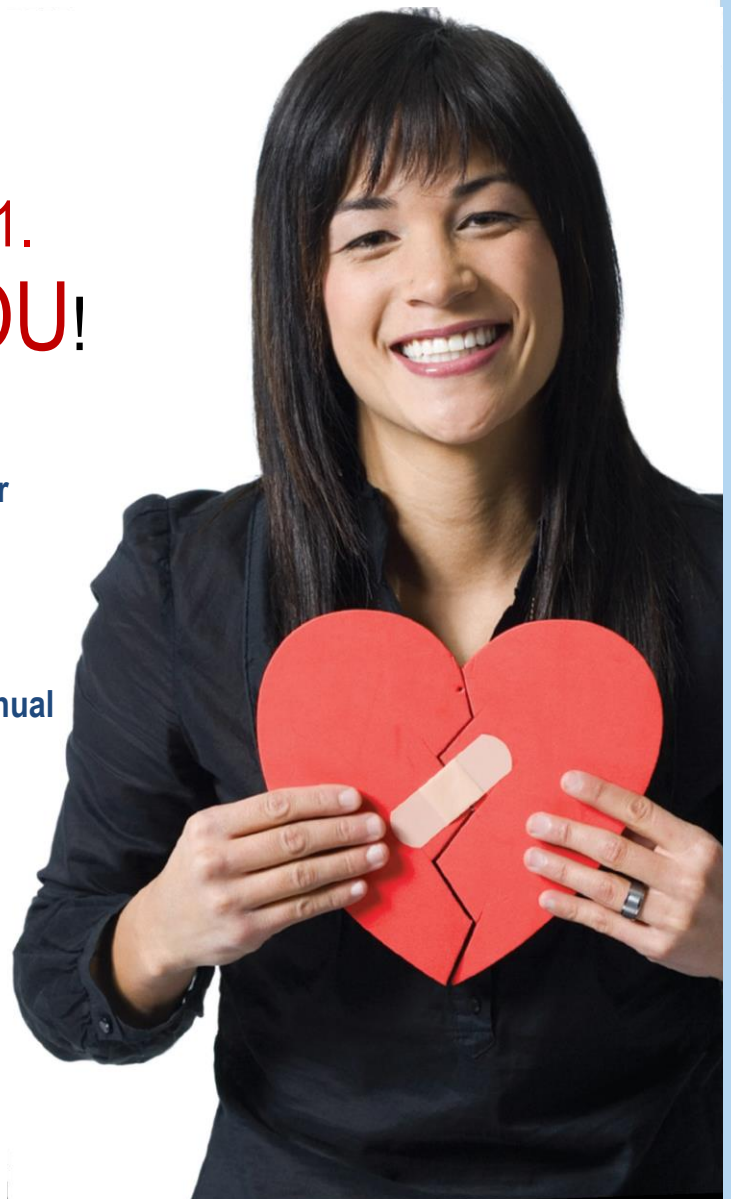
Sometimes, **first aid** isn't
a **bandage**, or **CPR**,
or the **Heimlich**, or calling **911**.
Sometimes, first aid is **YOU!**

August 21, 8:30am-4:30pm
North Central ESD, Ponderosa Room, 2nd Floor
430 Olds Station Road
Wenatchee, WA 98801

REGISTRATION is **OPEN NOW!**
FREE due to grant funding, inc Lunch and Manual

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

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.



Sometimes, the best first aid is you.
Take the course, save a life, strengthen your community.



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*

Questions? Contact shelleys@ncesd.org or call (509) 665-2626.

This course brought to you by North Central ESD and the Dept of Health.

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.