



Youth Mental Health First Aid 8 hour Course

Friday, February 19th, 2016 – 8:00 am to 12:00 pm
AND

Monday, February 22nd, 2016 – 8:00 am to 12:00 pm

Course will be offered as two half-days. Participants must attend both sessions to receive a certificate.

Transit-Community Center
601 W Franklin Street
Shelton, WA 98584

REGISTRATION

To register, please email the information below to sellsworth@esd113.org. If you do not have access to email, please call (360) 464-6877 to register. **YOU MUST REGISTER TO ATTEND THE TRAINING.**

For questions, please contact:

Capital Region Educational Service District 113
Attn: Sara Ellsworth
sellsworth@esd113.org
(360) 464-6877

Name _____

Phone number, if any _____

E-mail address, if any _____

Occupation and employer name, if any _____

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



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 sellsworth@esd113.org or call (360) 464-6877

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.



MENTAL
HEALTH
FIRST AID

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

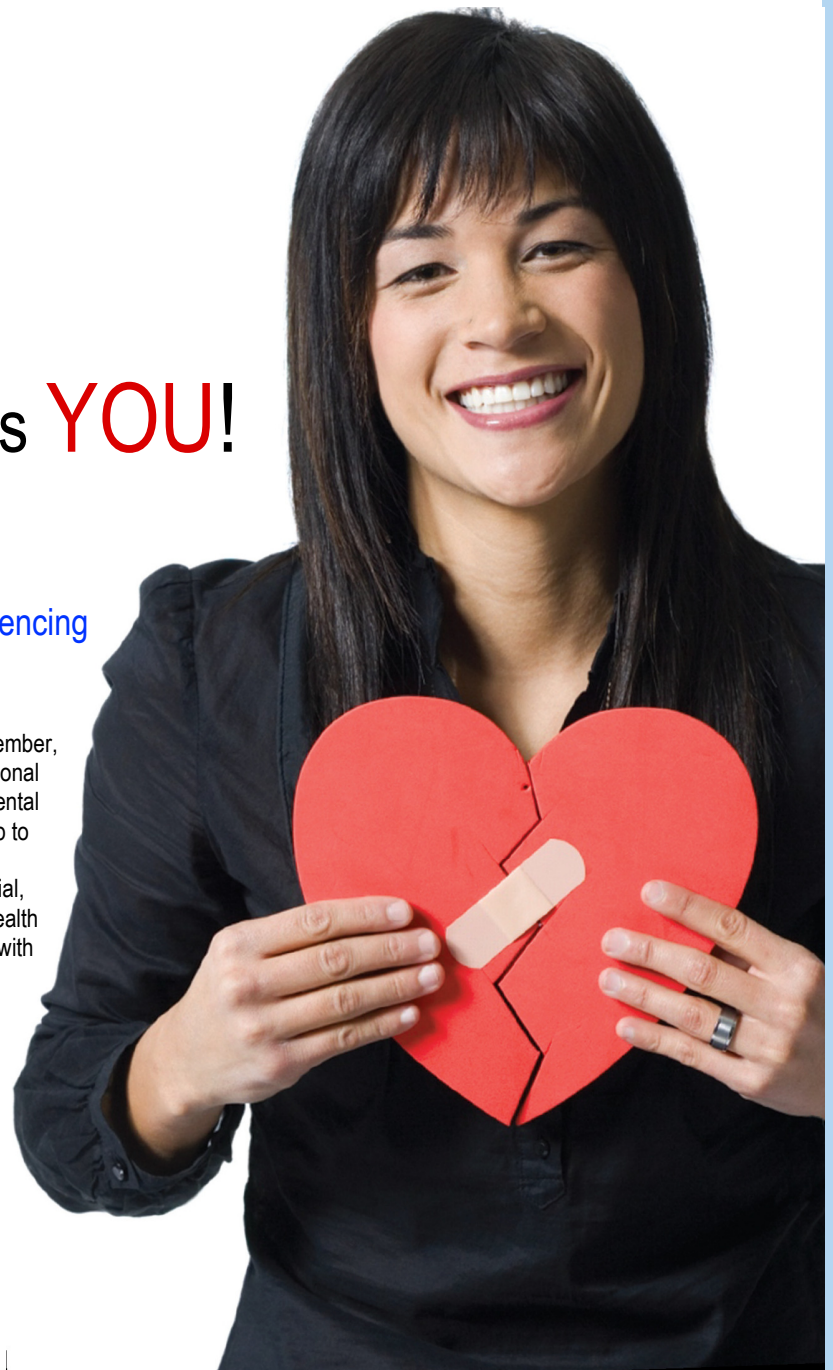
Sometimes, first aid is **YOU!**

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.



Youth Mental Health First Aid Course – 8-hour public course.

Course will be offered as two half-days on Friday, February 19th and Monday, February 22nd from 8:00 am to 12:00 pm. Participants must attend both days to receive a certificate.

**Transit-Community Center
601 W Franklin Street, Shelton, WA 98584**