

YOUTH MENTAL HEALTH FIRST AID TRAINING 2018 Trainings

February 26th, June 18th, & October 15th

You will learn:

- ◆ That the peak age of onset for mental illness is early adolescence
- ◆ The unique risk factors and warning signs of mental health problems in adolescents
- ◆ The importance of early intervention
- ◆ How to help a youth who is experiencing a mental health or substance use challenge
- ◆ A 5-step action plan to assist an adolescent in crisis or an adolescent that is exhibiting the signs and symptoms of mental illness
- ◆ Resources available to help adolescents with a mental health problem

Participants who successfully complete the 8-hour training will become a certified "Youth Mental Health First Aider".

Course is for adults working or living with adolescents. This course is particularly suitable for teachers, coaches, youth workers, church youth leaders and parents.

Sign In 7:45am
Class 8:00am-4:30pm
Cost: Complimentary
Thanks to:
100 Women Who Care

Free Lunch Provided or you can bring your own

LOCATION:

February and June Classes:

Elkhart County Health Department
Lincoln Center
608 Oakland Ave
Elkhart, IN 46516

October Class:

Dunlap Public Services Building
4230 Elkhart Road
Goshen, IN 46528

For additional information or
to register, please contact certified
Mental Health First Aid Instructors:

Amanda Noland
anoland@elkhartcounty.com

or

Barb Welty,
bwelty@elkhartcounty.com

574.523.2283



MENTAL
HEALTH
FIRST AID



Mental Health First Aid

Youth 8-Hour Course (8:00am-4:30pm)



MENTAL
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Please choose preferred training date:

Monday, February 26th _____ Monday, June 18th _____ Monday, October 15th _____

REGISTRATION:

Please email (bwelty@elkhartcounty.com), fax (574-523-2158) or mail completed registration form to:

Elkhart County Suicide Prevention Coalition
Attn: Barb Welty
608 Oakland Avenue
Elkhart, IN 46516

*Name _____

*Phone number, if any _____

*E-mail address, if any _____

Occupation and employer name, if any _____

Please check one:

I will eat the lunch provided.

I will bring my lunch.

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)

*Required information

CLASS SIZE IS LIMITED, YOU MUST PREREGISTER TO ATTEND. THANK YOU.



ALGEE, the Mental Health 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
bwelty@elkhartcounty.com
or call 574-523-2283.

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.