

YOUTH MENTAL HEALTH FIRST AID TRAINING 2016

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: \$30

Subway box lunch included

**Please make checks payable to:
Elkhart County Suicide Prevention Coalition**

LOCATION:

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

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

Adrienne Thomas,
Health Promotion Specialist
athomas@elkhartcounty.com

or

Barb Welty,
Health Promotion Specialist
bwelty@elkhartcounty.com



Elkhart County Health Department

574.523.2283



MENTAL
HEALTH
FIRST AID

Mental Health First Aid

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



**MENTAL
HEALTH
FIRST AID**

Circle preferred training date:

Feb 5

June 13

Oct 27

REGISTRATION: Please return the completed form and \$30.00 check to

Please make check payable to Elkhart County Suicide Prevention Coalition (ECSPC)

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

Please note that refunds will not be given, but credit for an upcoming class will be offered.

***Name** _____

***Phone number, if any** _____

***E-mail address, if any** _____

Occupation and employer name, if any _____

***Lunch (ham, turkey or veggie)** _____

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 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.