



YOUTH MENTAL HEALTH FIRST AID

GET TRAINED TODAY!

DATE: Saturday, February 23

TIME: 8:00 a.m. - 5:00 p.m.
1-hour lunch on your own

LOCATION: Community Bible Church
1888 Crescent Lake Rd.
Waterford, MI

TRAINERS: Sherri Rushman
Sherry Gerbi

REGISTER: www.oaklandchn.org
*Click on Training, then select date, and enter in information. **There is no cost for this training.***

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT?

- Parents
- People who work or interact regularly with youth
- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders

WHAT IS COVERED?

How to interact with a youth in crisis and connect them with help, as well as common signs and symptoms of mental illness and substance use. You will learn how to apply the **ALGEE** 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



Developmental Disabilities • Mental Health • Substance Recovery

CONTACT INFORMATION

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