

Youth Mental Health First Aid

8 hour Course

October 10, 2014 8:30am – 5:00pm

Cenclear Behavioral Health
100 Industrial Park Road
Clearfield, Pa. 16830

FREE REGISTRATION Class size limited to 15 students.

To register, please email the information below to mbrown@ccc-j.com . If you do not have access to email, Fax 814-371-5102 or mail this completed form to:

Clearfield Jefferson Suicide Prevention Team, Inc.
Attention: Mary Brown
375 Beaver Drive, Suite 100
DuBois, Pa. 15801

Questions? Call 814-603-1107

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 Mary Brown, mbrown@ccc-j.com or call 814-603-1107.

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.

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.

ACT 48 credits available.



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

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FREE Training
Refreshments will be provided.
See back for registration and contact information.

This course brought to you by The Clearfield
Jefferson Suicide Prevention Team Inc. &
Cenclear Behavioral Health