## 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

Questions? Call 814-603-1107

## FREE REGISTRATION Class size limited to 15 students.

To register, please email the information below to <a href="mailto:mbrown@ccc-j.com">mbrown@ccc-j.com</a> . 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

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 clients/public with mental health issues, seeking general mental health information)	one, better serve



## 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.

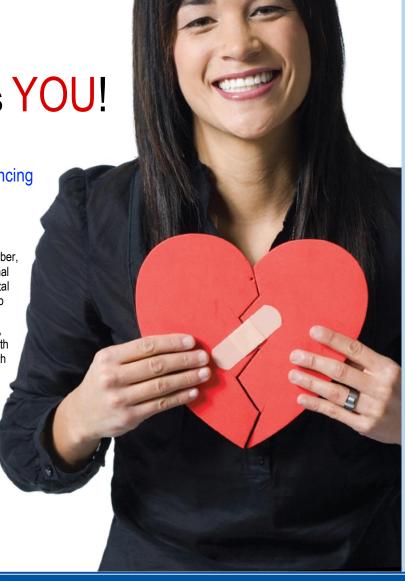
Sometimes, first aid is YOU!

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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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