



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



Youth Mental Health First Aid December 8, 2023 Trinity Evangelical Lutheran Church, Lansdale, PA

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to Signs of mental health and substance use challenges among children and adolescents ages 12-18.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

REGISTER TODAY!

Youth Mental Health First Aid Class December 8, 2023, 8:30 to 3:30

In-Person at:

**Trinity Evangelical Lutheran Church
1000 W. Main Street
Lansdale, PA 19446**

(The course includes 2 hours of online pre-work prior to the instructor-led class for certification)

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies

For more information and to register:
www.fivecountymh.org

