

# Youth Mental Health First Aid

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.**

You are more likely to encounter someone — student, friend, family member, 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. The 8-hour Youth Mental Health First Aid course 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 our community.***

## Winter 2017 Course

**Saturday, January 28, 2017**

**8:30 a.m. - 5 p.m.**

**Rockdale Career Academy  
Room 1177**

**Register Online:**

**<https://www.surveymonkey.com/r/YMHFA-SatJan28>**



### WHAT PARTICIPANTS LEARN

This FREE\* course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders, and substance use disorders.

Participants **do not** learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step 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

*\*Through Project AWARE, Rockdale County Public Schools is able to provide this training at no cost to youth-serving adults in Rockdale County. Mental Health First Aid is included on SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).*

