



Youth Mental Health First Aid 8 hour Course

March 4th and 5th, 2015 8-12 pm Must Attend Both Days

Clay Lambertson Elementary School Professional Learning Center
259 East Marquette Street
Berlin, WI 54923

REGISTRATION

To register, please email the information below to Amanda Hughes, ahughes@berlin.k12.wi.us. If you do not have access to email, call 920.361.5459 or mail this completed form to:

Amanda Hughes
Grant Project Director
Berlin Area School District
259 East Marquette Street
Berlin, WI 54923

Questions? Call Amanda Hughes 920.361.5459 or Carrie McCarthy 920.361.5458.

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

- 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

Questions? Contact ahughes@berlin.k12.wi.us or call 920.361.5459

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.



MENTAL
HEALTH
FIRST AID

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

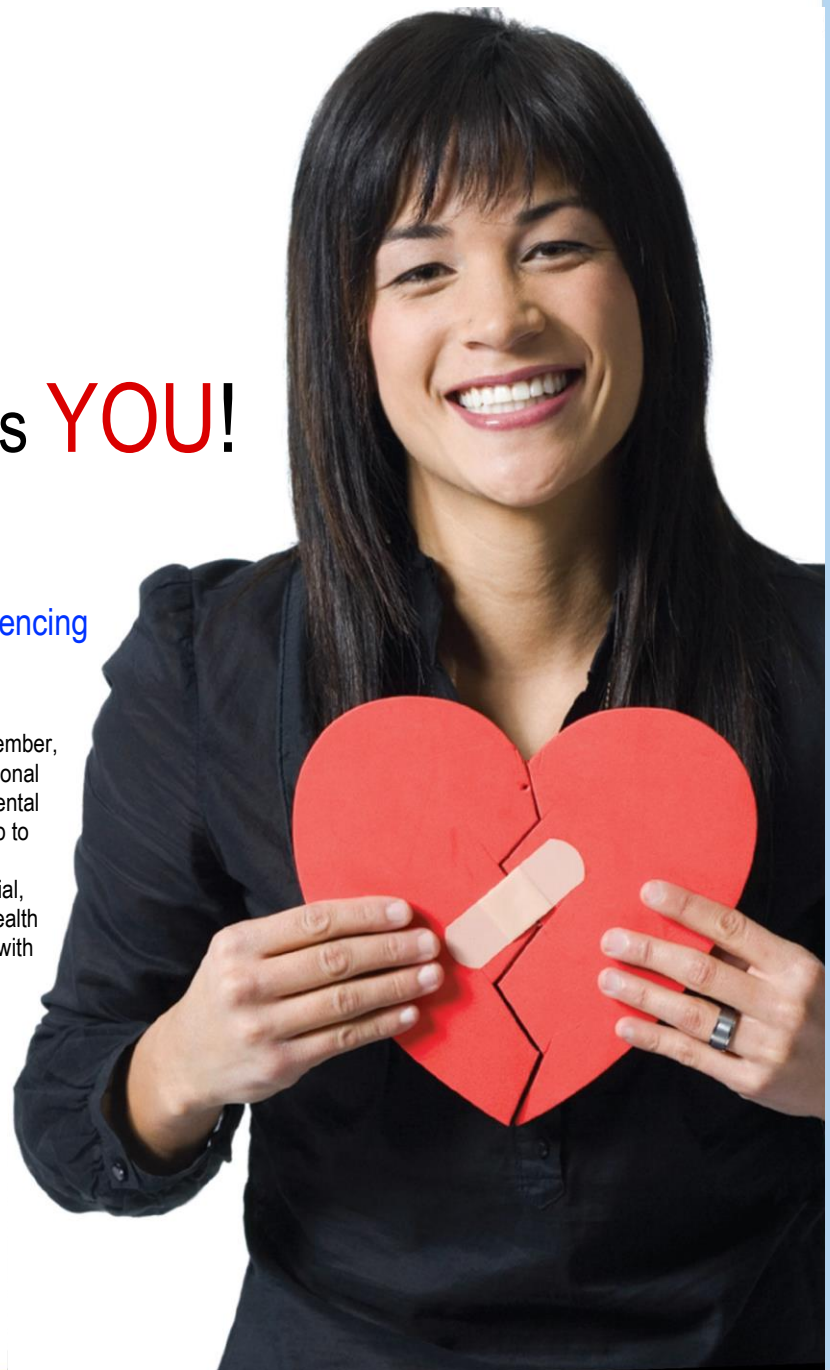
Sometimes, first aid is **YOU!**

A young person you know could be experiencing
a mental health challenge or crisis.

You can help 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.



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

**8 am -12 on pm on March 4 and 5th, 2015
Clay Lamberton Elementary School
259 East Marquette Street
Berlin, WI 54923**

Free to all participants. Includes a YMHFA manual and materials packet.

See back for registration and contact information.

This course brought to you by Berlin Area School District and SAMSHA's Project AWARE grant.