



Youth Mental Health First Aid

8 hour Course

Thursday, April 21st, 2016, 8:00 AM to 5:00 PM

Volunteers of America, Dakotas Training Room
1309 W 51st St.
Sioux Falls, SD 57105

REGISTRATION

To register, please email the information below to Michelle Majeres – m.majeres@voa-dakotas.org. If you do not have access to email, call 605-444-6342 or mail this completed form to:

Volunteers of America, Dakotas
attn: Michelle Majeres
PO Box 89306
Sioux Falls, SD 57109

Questions? Call Michelle Majeres at 605-444-6342

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 Michelle at m.majeres@voa-dakotas.org or call 605-444-6342

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!**

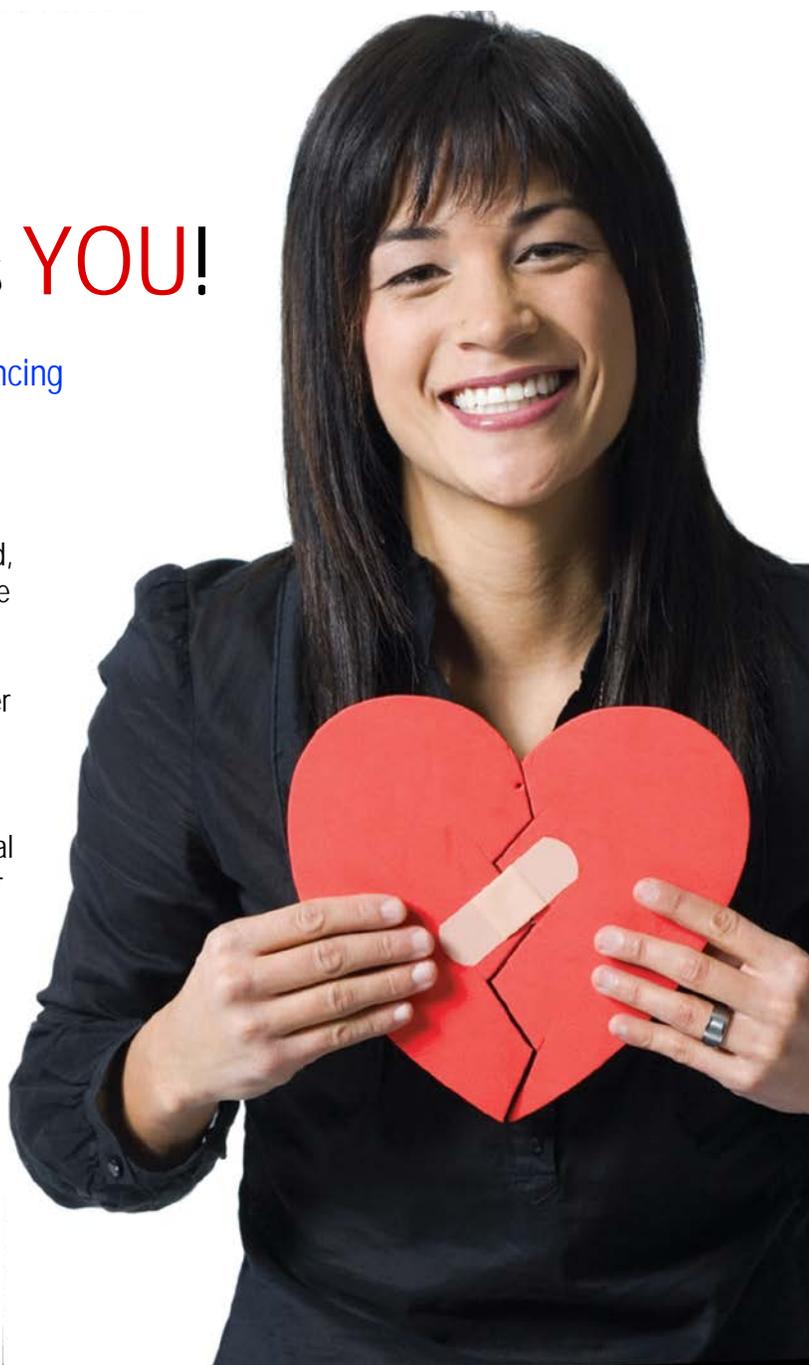
A young person you know could be experiencing
a mental health challenge or crisis.

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.

8:00 AM to 5:00 PM on Thursday, April 21st, 2016

Volunteers of America, Dakotas, 1309 W 51st St.
Sioux Falls, SD 57105

This course is FREE!

See back for registration and contact information.

Sponsored by SD Department of Social Services – Prevention
Program; and SE Prevention Resource Center – Volunteers of
America, Dakotas – Southeastern Behavioral Health