



Youth Mental Health First Aid

8 hour Course

December 7, 2017

Registration: 7:30a.m.-8:00 a.m.

Training: 8:00a.m.-5:00p.m.

Southeast Missouri State University
Indian Room at the University Center
Cape Girardeau, MO 63701

Nationally, this course is valued at \$170, but because of generous sponsorship by Missouri's Department of Mental Health you are able to attend at no cost. Lunch is provided.

REGISTRATION DUE BY November 30, 2017

To register, please email the information below to lrobert@semo.edu, fax it to (573) 651-2856, or mail this completed form to:

Southeast Prevention Resource Center
One University Plaza, MS7650
Cape Girardeau, MO 63701

Questions? Call 573-651-5153

Name _____

Phone number _____

E-mail address _____

Occupation and employer name _____

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 lrobert@semo.edu or call (573) 651-5153

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**.

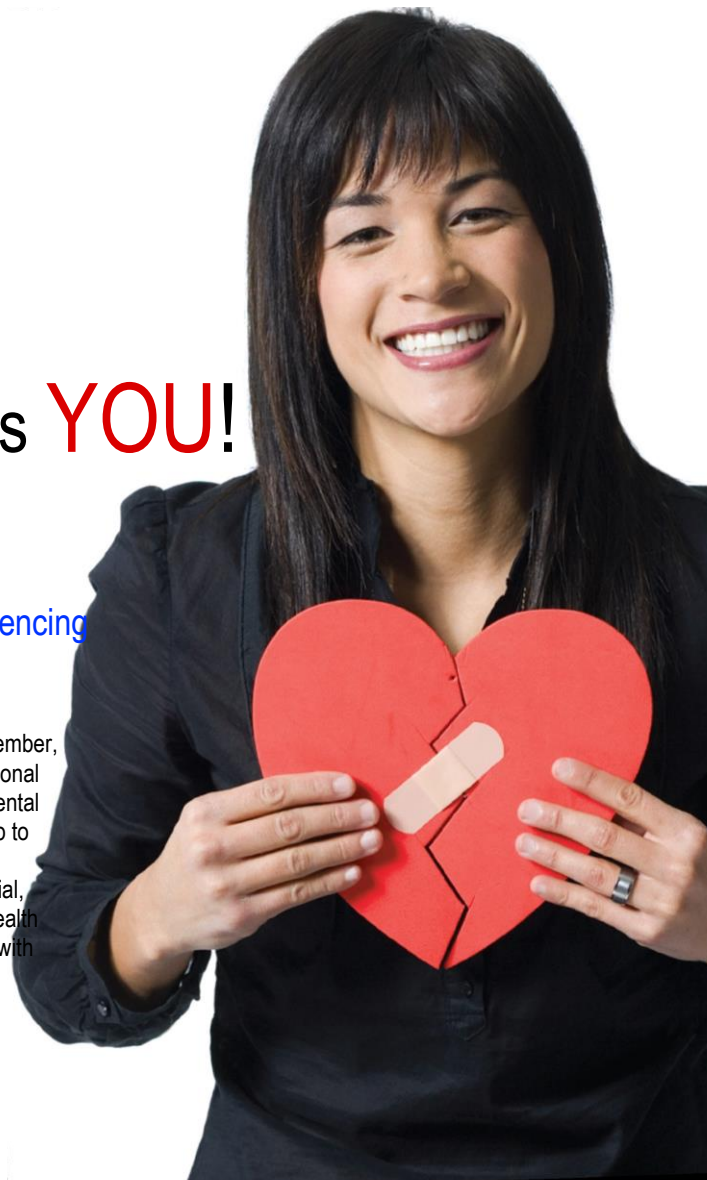
Sometimes, first aid is **YOU!**

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.

**8:00a.m.-5:00p.m on December 7th, 2017
Southeast Missouri State University
Indian Room at 388 North Henderson Avenue
Cape Girardeau, MO 63701**

This course is brought to you by the Southeast Prevention Resource Center, Southeast Missouri State University, and Missouri's Department of Mental Health.