

YOUTH MENTAL HEALTH FIRST AID, 8 HR COURSE

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

Sometimes, first aid is **YOU!**

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.

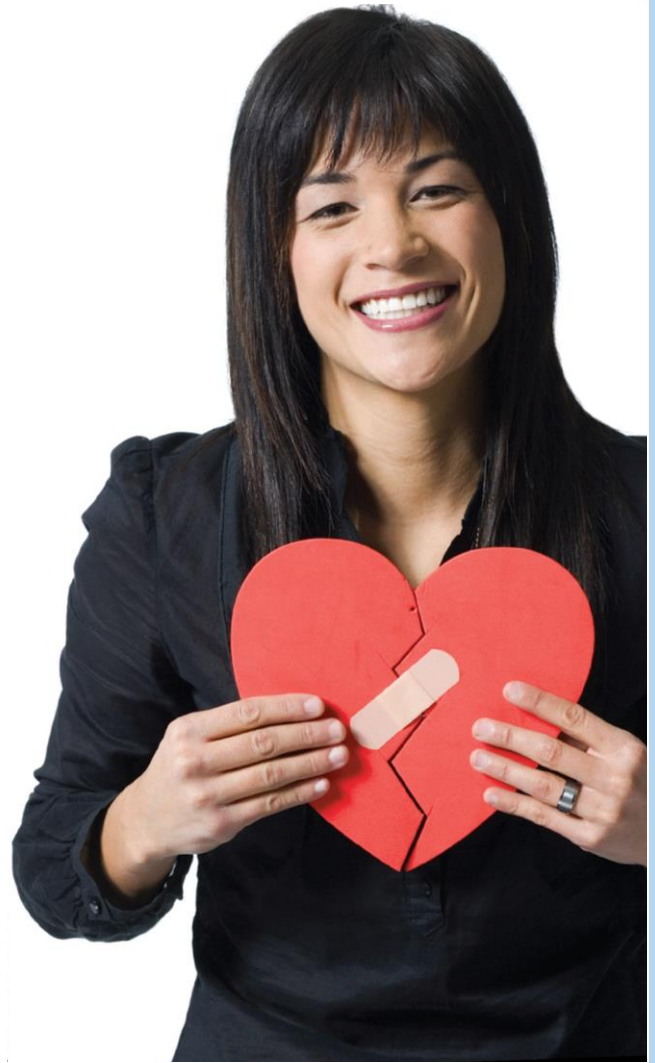
The TOWN OF STONEHAM will offer two FREE Youth Mental Health First Aid courses:

1-day course from 9-4 pm: **Sat. Feb. 11, 2017**

OR

3 night series from 6-8 pm: **Tues. Feb. 28, March 7, March 14, 2017** (must attend all 3 nights)

Courses will take place at Stoneham Town Hall located at 35 Central St. To register, please contact Peg Drummey, pdrummey@stoneham-ma.gov or call 781-438-0501



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*

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.