



Youth Mental Health First Aid 8 hour Course

Tuesday, Dec 15, 2015 8a-5:30p

Real Life, Grangeville

1005 Hwy 13

Grangeville ID 83530

(Please follow Real Life signs to parking and entrance in back)

REGISTRATION

To register, please email the information below to fayth.dickenson@sjrmc.org. If you do not have access to email, call 208-799-5700, fax or mail this completed form to:

St. Joseph Mental Health Center
attn: Fayth Dickenson
415 6th St
Lewiston, ID 83501
Fax: 208-799-5758

Questions? Call Fayth Dickenson, 208-799-5700

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 fayth.dickenson@sjrmc.org
(208)799-5700**

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.

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

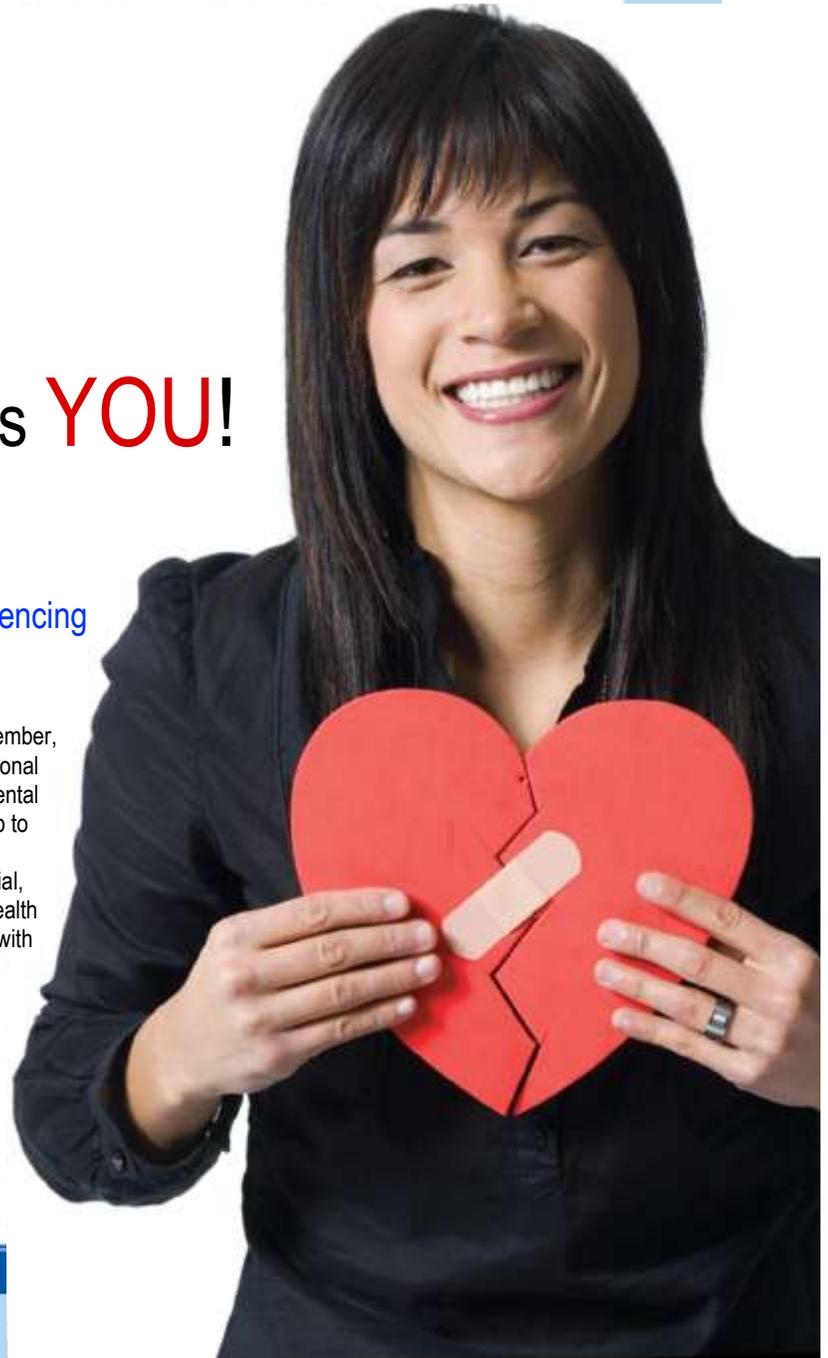
Sometimes, first aid is **YOU!**

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.

8a-5:30p on Tuesday, Dec 15, 2015

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1005 Hwy 13
Grangeville, ID 83530**

See back for registration and contact information.