



EAP YOUTH MENTAL HEALTH FIRST AID

WHAT WILL PARTICIPANTS LEARN?

This course teaches the risk factors and warning signs of a variety of mental health challenges common among adolescents and youth, ages 12-18. Learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis. Learn how to apply the five step **ALGEE** 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

WHO SHOULD TAKE THIS COURSE?

This course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.).

Mental Health First Aid is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

WHAT IS YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid is a 6 hour program which introduces participants to risk factors and warning signs of mental health problems in adolescents. Through role-playing and simulations, this course teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge and connect young people to professional, peer, social, and self-help care.

DECEMBER 5, 2023
9AM-4PM

[CLICK HERE TO REGISTER](#)

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