

# Youth Mental Health First Aid

## 8 hour Course

There is no course scheduled at this time. However, contact The Alliance and we will work with you to provide this training.

If you would like to attend a Youth Mental Health First Aid, please contact The Alliance of Southwest Missouri to schedule training.

### REGISTRATION

To register, please email the information below to [rstandridge@theallianceofswmo.org](mailto:rstandridge@theallianceofswmo.org). If you do not have access to email, call 417-358-3270 or mail this completed form to:

The Alliance of Southwest Missouri  
Attn: Robin Standridge  
1027 S. Main, Suite 7  
Joplin, MO 64801

Questions? Call 417-782-9899 or 417-358-3270.

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)

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[theallianceofswmo.org](http://theallianceofswmo.org)



#### ALGEE, the Mental Health First Aid 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

Questions? Contact [rstandridge@theallianceofswmo.org](mailto:rstandridge@theallianceofswmo.org) or call 417-782-9899

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



**Youth Mental Health First Aid Course – 8-hour public course.**

See back for registration and contact information.

This course brought to you by The Alliance of Southwest Missouri

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.



**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*

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