## 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 <a href="mailto:rstandridge@theallianceofswmo.org">rstandridge@theallianceofswmo.org</a>. 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

| 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 clients/public with mental health issues, seeking general mental health information) | one, better serve |



Assess for risk of suicide or harm

Listen nonjudgmentally

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

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

Questions? Contact rstandridge@theallianceofswmo.org or call 417-782-9899

the alliance of swmo.org

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.





USA MENTAL HEALTH

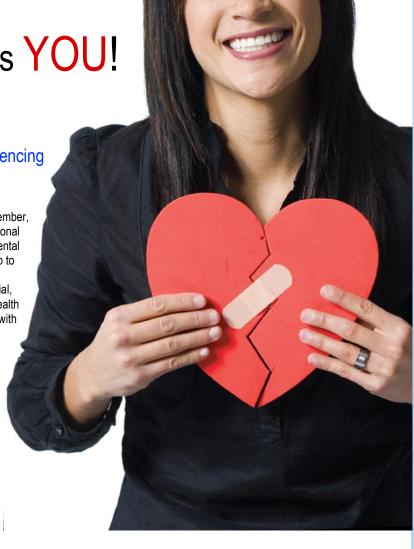
Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911.

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.





## ALGEE, the Mental Health First Aid Action Plan

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