

YOUTH MENTAL HEALTH FIRST AID

SPONSORED BY DENTON COUNTY MHMR

WHAT IT IS:

- An 8 hour, evidenced-based public education program that introduces participants to risk factors and warning signs of mental illnesses for adolescents and transition youth, ages 12-18.
- Builds an understanding of the importance of early intervention.
- Teaches participants how to offer initial help to a young person experiencing a mental health challenge.

WHO IT'S DESIGNED FOR:

- Educators
- All school personnel (to include bus drivers, janitorial staff, dietary staff, office staff, counselors, nursing staff, SRO's, & Admin!)
- All professionals working in a school setting

CEU's AVAILABLE!

<http://www.mentalhealthfirstaid.org/CS/>



LEARN THE 5 STEP ACTION PLAN: **ALGEE**

ASSESS for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies



Contact:

John Meredith

Special Projects

Coordinator

Denton County MHMR

(940) 381-5000 ext. 5293

johnm@dentonmhmr.org