

Youth Mental Health First Aid

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.

You are more likely to encounter someone — student, friend, family member, 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. The 8-hour Youth Mental Health First Aid course 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 our community.

Available Courses

Thursday, Nov 7, 2019
8 a.m. - 5 p.m.
Pine Street Elem.

Tuesday, Nov 12, 2019
8 a.m. - 5 p.m.
Pine Street Elem.

Saturday, Jan 11, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Saturday, Jan 18, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Saturday, Jan 25, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Saturday, Feb 1, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Saturday, Feb 8, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Thursday, Feb 20, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Saturday, Feb 29, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Saturday, April 18, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Saturday, April 25, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Tuesday June 9, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Thursday June 11, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Tuesday, June 16, 2020
8 a.m. - 5 p.m.
RCHS Media Center

Thursday, June 18, 2020
8 a.m. - 5 p.m.
RCHS Media Center

WHAT PARTICIPANTS LEARN

This NO COST* course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders, and substance use disorders.

Participants **do not** learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step 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



Register Online:

<https://tinyurl.com/RCPSYMHFA>

**This course is valued at \$170 per participant. Through funding assistance from Hospital Authority Rockdale County, RCPS is able to provide this training at no cost to youth-serving adults in Rockdale County. Mental Health First Aid is included on SAMHSA's National Registry of Evidence-Based Programs and Practices.*



For more information call Darci Gilreath
770-918-6174 or email dgilreath@rockdale.k12.ga.us