



MENTAL HEALTH FIRST AID



Youth Mental Health First Aid Course and Certification

Youth Mental Health First Aid is an evidence based, nationally recognized and accredited course that teaches adults who work with youth how to identify symptoms of different types of mental illness. As with any first aid class, there is an action plan to help a youth in crisis.

Trainees learn how to assess the person for risk of harm or suicide, listen non-judgmentally, give reassurance, and encourage the person to seek professional help.

For LAPS faculty and staff (*certified and non-certified*) and community members working with youth ages 10-18.

Date: Friday October 12th **OR** Friday October 26th, 2018

Time: 8:00am-5:00pm

Location: Lecture Hall, Bldg. 2, Room 230, UNM-LA

REGISTRATION REQUIRED

4 Reasons to Become a Youth Mental Health First Aider



Be Prepared

When a mental health crisis happens, know what to do



You can help

Youth with mental illnesses often suffer alone



Mental Illnesses are common

1 in 5 youth in any given year



You Care

Be there for a youth in need

Youth Mental Health First Aid teaches you:



Impact of mental and substance use disorders



Local resources and where to turn for help



Signs of addictions and mental illnesses



5 step action plan to assess a situation and help

Course Evaluation Comments-

"Best training I have taken!"

"It exceeded my expectations!"

"Adults everywhere should take this training!"

Registration: To register, please contact Andrea Cunningham @andracjjab@gmail.com

Cost: Instruction, Materials, and Certification costs are provided through generous funding provided by the LA JJAB and ConAlma.

Continental Breakfast and Lunch will be provided



For more information, please see the Mental Health First Aid website at <http://www.mentalhealthfirstaid.org>



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Los Alamos
Juvenile Justice
Advisory Board



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PLEASE CIRCLE WHICH DATE YOU ARE ATTENDING:

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Registration: To register, please complete the following information and send to Andrea Cunningham AndreaCjjab@gmail.com

NAME: _____

Date of Class: _____

Email: _____

Phone: _____

Organization: _____

**Although this course is no cost to you due to subsidizing by the listed organizations, it is valued by the USA Mental Health First Aid organization at \$175.

**Photographs may be taken in the class for use in the Los Alamos Juvenile Justice Advisory Board's printed publications and website for the purpose of promoting their programs. By registering for this program, I hereby authorize the Los Alamos Juvenile Justice Advisory Board to publish the photographs taken without compensation and I release the Los Alamos Juvenile Justice Advisory Board, its contractors and its employees from liability for any claims by me or any third party in connection with my participation.