

Wish you knew how to help a young person with a mental health concern?

YOUTH MENTAL HEALTH FIRST AID

teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 6.5 hour training gives adults who live and work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

The course will teach you how to apply the ALGEE action plan.



MENTAL
HEALTH
FIRST AID®

1 in **5**

teens & young adults
lives with a mental
HEALTH CONDITION.

National Alliance for Mental Illness

WHO SHOULD TAKE IT

- Parents
- People who work with youth
- Teachers and School staff
- Coaches
- Camp counselors
- Youth group leaders

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

This course has 2 parts:

- 2 hour online pre-course on your own time, followed by
- 4.5 hour instructor led online training via zoom

2 hour online pre-course to be
completed between **May 25 and May 30**

Instructor led training via zoom
**Wednesday May 31, 5:30 to
9:45**



To register scan the QR code or
call Partners in Prevention 989-356-2880 or email
programs@nemcpi.org
Include your your name, address, email and phone number.
Registration deadline is Wed May 25.
Questions? Contact mary@nemcpi.org



Course is FREE

to residents of Alcona,
Alpena, Montmorency
and Presque Isle
Counties.
Out of area fee is \$50
payable prior to the
start of the course.