

Youth Mental Health First Aid

Certification Course

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

Join us!

For more information, contact:

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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

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

Questions? Contact shelleys@ncesd.org or call (509) 665-2626.

Please note: Attendance at all 8-hours of training required for full certification.

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.