



Take a course. Save a life. Strengthen your community.

A young person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.**

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18 - teachers, coaches, social workers, faith leaders and other caring citizens.

Youth Mental Health First Aid Training *instructed by* Family Counseling Center, Inc.

June 8, 2018 8:30 am - 5 pm Free with Lunch
CEU/CPDU/CLE available

Pope County CUSD #1 - Community Room
125 State Hwy 146 W
Golconda, IL 62938

To register, please email the information below to jelliott@fccinonline.org or bhale@fccinonline.org. If you do not have access to email, call Joe Elliott at 618-734-2665 or Brittney Hale at 618-697-4828.

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

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Name _____

Phone number, if any _____

E-mail address, if any _____

Occupation and employer name, if any _____

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information, help students or co-workers)



ALGEE, the Mental Health First Aid 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*

Questions? Contact

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bhale@fccinonline.org / 618-697-4828

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.