



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.

July 18, 2018 8:30 am - 5:00 pm FREE w/ LUNCH

CEU's available

Location of Event
Rose Clare Crafts and Antique Mall
10 Main Street
Rosiclare, IL 62982

hosted by

Hardin County
INDEPENDENT
Established 1817

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

To register, please email the information below to cdavis@s7hd.org or bhale@fccinonline.org. If you do not have access to email, call Cindy Davis at 618-524-2212 ext 110 or Brittney Hale at 618-697-4828.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number D60RH25763-04-00 - Illinois CATCH on to Health Initiative. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

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

cdavis@s7hd.org / 618-524-2212 ext 110
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.