



YOUTH MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying.

Join the more than
2.6 MILLION

*First Aiders who
have chosen to be
the difference in
their community.*

UPCOMING TRAININGS:

Friday, May 19 • 8am - 4pm

OR

Thursday & Friday, September 5 & 6

8am - 12pm

Sullivan BOCES Conference Room
Suite 1W, 15 Sullivan Ave, Liberty, NY

To register for one of these trainings,
email info@sullivan180.org.

To ensure CTLE's also register at bit.ly/CTLESullivan.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- 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.

SULLIVAN 180

Building a healthy community, one degree at a time



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