



# Youth Mental Health First Aid 8 hour Course

November 9, 2016 – 8:00am-5:00pm

A.H. Brown Public Library  
521 North Main Street  
Mobridge, SD 57601

## REGISTRATION

To register, please return completed form to:

Jeanne Pufahl-Ward  
Human Service Agency – NE Prevention Resource Center  
Jeannew@humanserviceagency.org  
Phone: 605-884-3524  
Fax: 605-884-3522

**Lunch will be on your own.**

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

Cell phone number, in case of inclement weather \_\_\_\_\_

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)

\_\_\_\_\_

\_\_\_\_\_

Application has been made for 8 hours of continuing education through Counselors Examiners Board; the Board of Addiction and Prevention Professionals; and Board of Social 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 Dodi at**  
[dodih@humanserviceagency.org](mailto:dodih@humanserviceagency.org) or call 605-884-3516

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.



MENTAL  
HEALTH  
FIRST AID

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

Sometimes, first aid is **YOU!**

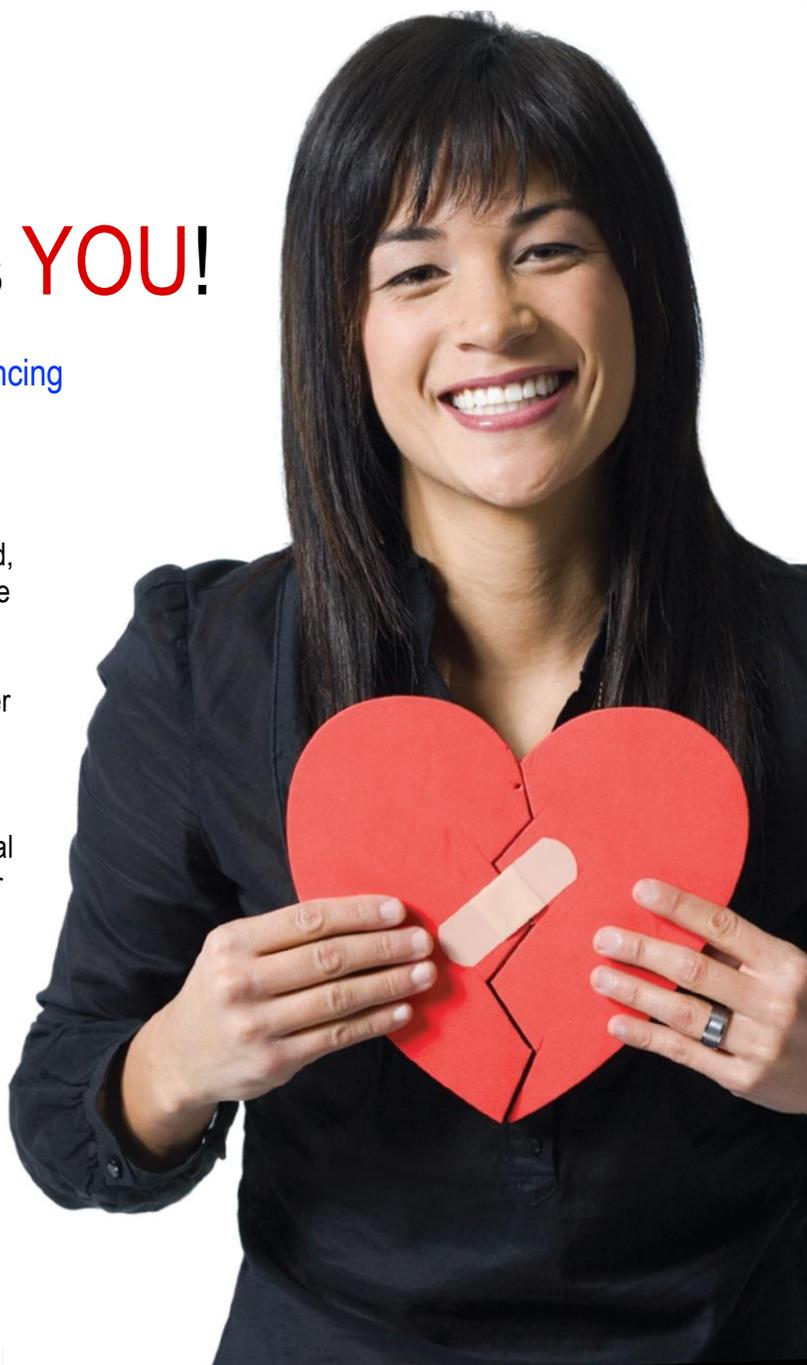
A young person you know could be experiencing  
a mental health challenge or crisis.

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.



**Youth Mental Health First Aid Course – 8-hour public course.**

**8:00am-5:00pm on November 9, 2016  
A.H. Brown Public Library,  
501 North Main Street,  
Mobridge, SD 57601**

This course is FREE!

See back for registration and contact information.

Sponsored by SD Department of Social Services –  
Prevention Program; and NE Prevention Resource Center –  
Human Service Agency