

**CONEJOS COUNTY PREVENTION
COALITION PROUDLY INVITES YOU TO:**



**{ Youth Mental Health
First Aid training }**



**JANUARY 18, 2019
8:30 AM - 5:00 PM
CONEJOS COUNTY PUBLIC HEALTH
CONFERENCE ROOM.**

**TO REGISTER GO TO:
[HTTP://BIT.LY/11819CCPH](http://bit.ly/11819CCPH)
You have to use LINK to register!**

YOUTH MENTAL HEALTH FIRST AID

64.1%

of youth with major depression do not receive any mental HEALTH TREATMENT.

Mental Health America

1 in 5

teens & young adults lives with a mental HEALTH CONDITION.

National Alliance for Mental Illness

5.13%

of youth report having a substance use or ALCOHOL PROBLEM.

Mental Health America

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

The course will teach you how to apply the ALGEE 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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org

WANT TO TAKE THE COURSE?

Where: Conejos County Public Health, 19023 US Hwy 285, La Jara, CO 81140

When: 8:30-5:00 PM 1/18/19

Register Here: <http://bit.ly/11819CCPH>



MENTAL
HEALTH
FIRST AID®