

# Mental Health First Aid Training

Monday, June 15, 2015 8AM-5PM

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

**Sometimes,  
first aid is YOU!**

**Someone you know could be experiencing  
a mental illness or crisis. You can help them.**

You are more likely to encounter someone — student, friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms 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 — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

This course introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

**Take the course, save a life,  
strengthen your community.**



To register, follow this link

[Youth Mental Health First Aid](#)

There is no cost to Safe and Healthy Schools members, \$50 for non-members.

Lunch and refreshments provided

Members include Belmont, Benton, Boscobel, Cassville, Cuba City, Fennimore, Iowa-Grant, Ithaca, Pecos, Platteville, Potosi, River Valley, Seneca, Southwestern.

For more information, contact Deb Gould  
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