

# Youth Mental Health

## First Aid Training

June 26, 2019

8:00 to 4:00

CESA 3 in Fennimore

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.**



You can register on [MyQuickReg.com](http://MyQuickReg.com)

There is no cost for this training

**Lunch and refreshments provided**

For more information, contact Deb Goid [dgoold@cesa3.org](mailto:dgoold@cesa3.org) or 608-822-2147