

Youth Mental Health First Aid

Sometimes, the best first aid is YOU!



Do you work, volunteer and/or interact with youth (Ages 12-18). . . Adolescence brings changes that often signal mental health issues. Sorting them out from normal changes can be tricky. Learn to identify the warning signs of mental health problems in adolescents and how to help an adolescent experiencing a mental health challenge.

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents (ages 12-18) including depression, psychosis, eating disorders, ADHD, disruptive behavior disorders and substance use disorder. Participants **do not** learn to diagnose, nor how to provide any therapy or counseling. Rather participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step 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.

The course is designed for public and customer service workers, who interact with youth throughout the course of their workday, provide services for youth through their work, volunteer for a non-profit agency or business that employs or provides services for youth and for parents. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org

NHAEOP will offer the above workshop on Wednesday, May 9, 2018 from 9am – 3:30pm for a \$25.00 registration fee and will take place at North Conway Grand Hotel, Conway, NH.

Registration is limited to the first twenty registration forms received The registration fee is non-refundable for those twenty and all other payments will be refunded.

YOUTH MENTAL HEALTH FIRST AID REGISTRATION FORM

Name : _____ School District/SAU # : _____

Address : _____

City/State/Zip Code : _____

Phone : _____ Email address: _____

Payment: _____ Check enclosed (payable to **NHAEOP**)

Mail to: Gretchen Roussin, NHAEOP Registrar
c/o Rochester School District, 150 Wakefield St., Suite 8, Rochester, NH 03867

