



Youth Mental Health First Aid

A FREE 8-hour Course

Upcoming Trainings

May 14 & 15
Eastpointe
450 Country Club Road
Lumberton, NC 28360

May 27 & 28
Eastpointe
514 East Main Street
Beulaville, NC 28518

June 9 & 10
Eastpointe
500 Nash Medical Arts Mall
Rocky Mount, NC 27804

June 17 & 18
The Gate
201 East Gordon Street
Kinston, NC 28502

To register visit www.eastpointe.net

OR

Complete the registration form below and email to training@eastpointe.net or mail to:

Eastpointe Training Department
Attn: Dildra Jessup
450 Country Club Road
Lumberton, NC 28360

Name _____

Phone number, if any _____

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)



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 training@eastpointe.net
Or call 910-272-1246

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.

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

Sometimes, first aid is **YOU!**

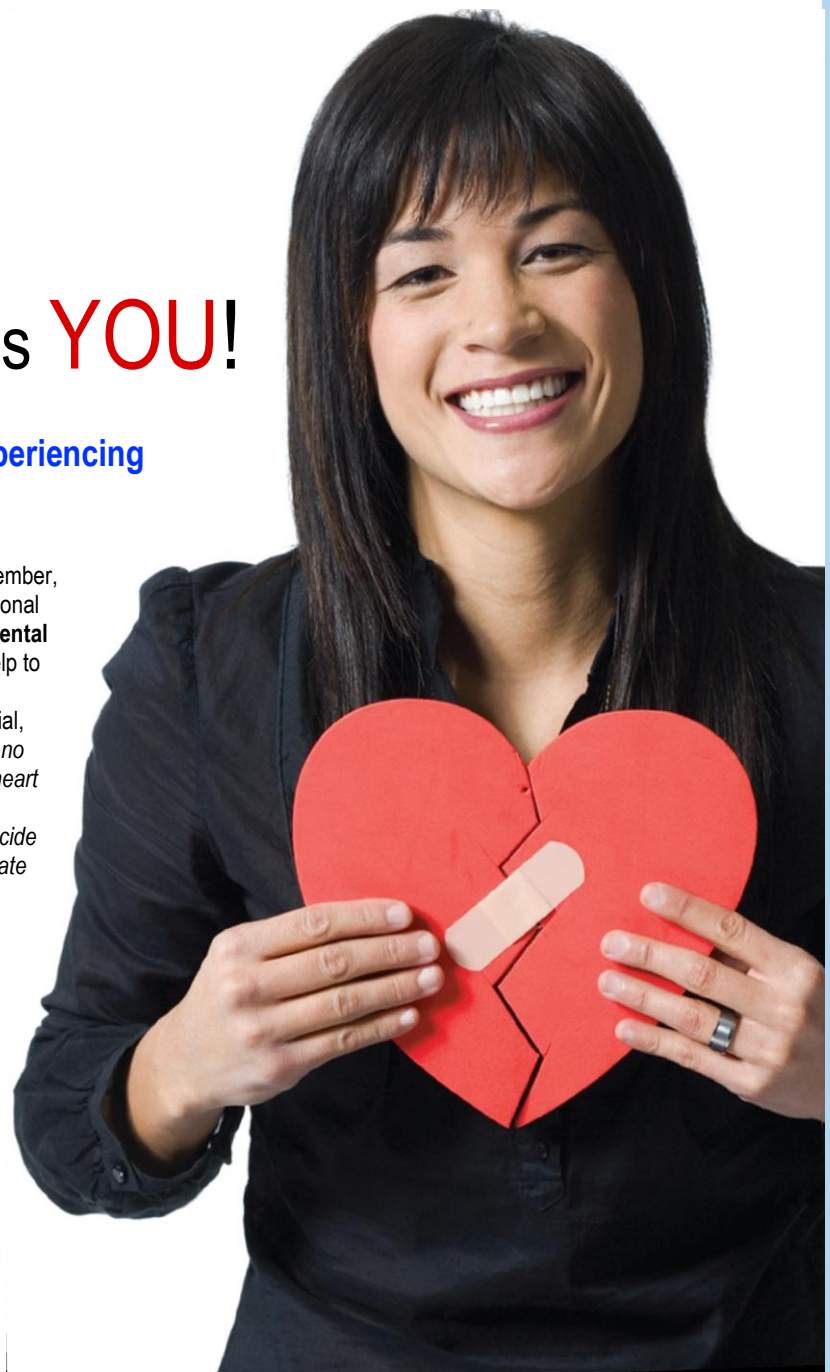
**A young person you know could be experiencing
a mental challenge or crisis.**

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. *Just as CPR training helps a layperson with no medical or clinical training assist someone who is suffering a heart attack, MHFA training can equip a person to assist someone experiencing a mental health crisis, such as contemplating suicide or inflicting harm on others" The first aid is given until appropriate treatment and support are received or until the crisis resolves.* In both situations, the goal is to help support an individual until appropriate professional help arrives.

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, youth leader/counselor 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.

Day 1: 9:00 am -3:30 pm

Day 2: 9:00 am – 12:30 pm

Registration 8:30 am each day

FREE

8 Contact Hours will be awarded to participants who attend 100% of this program. No partial credit will be given. Participants must attend all of both days. Individuals arriving 15 minutes or more after the starting time will not be eligible for credit.

This course brought to you by Eastpointe MCO.