



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



A youth you know could be experiencing a mental illness or crisis. You can help them.



Free classes made possible through grant funding from Clallam County Health and Human Services

Youth Mental Health First Aid is a nationally recognized certification course that will teach you how to identify, understand, and respond to signs of mental illness, substance abuse disorders and challenges that youth face in our community.

**Take a course. Save a life.
 Strengthen your Community.**



118 E 8th St Port Angeles

Youth Mental Health First Aid Training provided by Peninsula Behavioral Health

**April 23, 9:00am – 5:30pm
 (Hosted by Sequim LDS Church)**

May 16, 8:30am - 5:00pm

July 25, 8:30am - 5:00pm

September 10, 8:30am - 5:00pm

Casual setting, Bring a sack lunch



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*

Space is limited! Reserve a seat today!

Contact Kathy Hansen at 360-457-0431 x139 or kathyh@peninsulabehavioral.org