

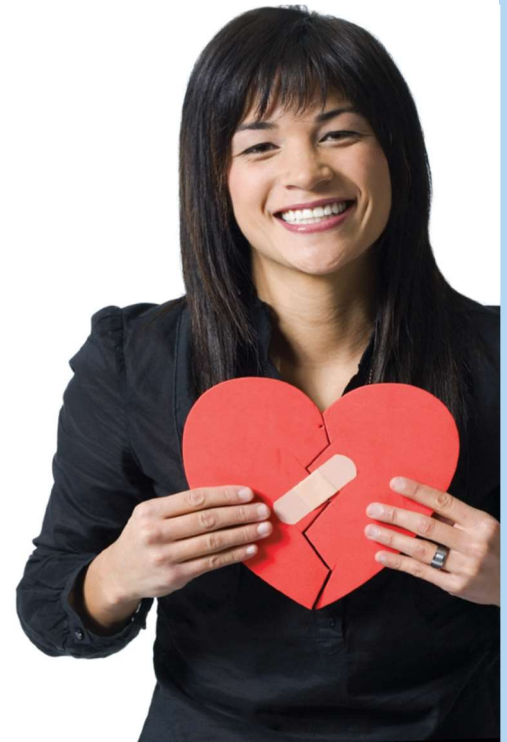
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911...**

Sometimes, first aid is **YOU!**

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

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.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen your community.



2 Free - Youth Mental Health First Aid Trainings
Peninsula Behavioral Health
118 E. 8th St
Port Angeles, WA 98362

June 29, 2018, 8:30am to 5:00pm
&
September 12, 2018, 8:30am to 5:00pm



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*

Registration Contact: Kathy Hansen
360-457-0431, ext. 139

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.