

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.



**FREE - Youth Mental Health First Aid Training**  
**Peninsula Behavioral Health**  
**Multi-Purpose Room**  
**118 E. 8<sup>th</sup> St**  
**Port Angeles, WA 98362**

**September 12, 2018, 8:30am to 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*

**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.