



Youth Mental Health First Aid Training

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

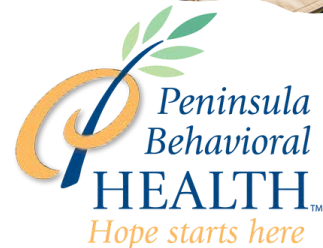
Youth Mental Health First Aid (MHFA) is a nationally recognized certification course that will teach you how to identify, understand, and respond to signs of mental illness, substance abuse disorders, and challenges that youth face in our community.

Who Should Know Youth MHFA:

- Teachers
- School staff
- Coaches
- Parents
- Camp counselors
- Youth group leaders
- Persons working with youths

What Youth MHFA Covers:

- Commons signs and symptoms of mental health challenges in youth, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with an adolescent in crisis.



This course will teach you how to apply **ALGEE** action plan:

- **A**ssess the risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other supports.

2 hours of self-paced, online pre-work must be completed before training.

Space is limited! Reserve a seat today!
There is no cost for this training.

June 6, 2025

10am – 4pm

Hosted by: YMCA Sequim
610 N Fifth Avenue Sequim

August 15, 2025

10am – 4pm

Hosted by: North Olympic Library
2210 S. Peabody St., Port Angeles

November 12, 2025

10am – 4pm

Hosted by: Trinity United Methodist Church
100 N. Blake Ave., Sequim



Contact:

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