



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

for Brownsville Church of the Brethren

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying.

Join the more than

2.6 MILLION

*First Aiders who
have chosen to be
the difference in
their community.*



Where to Register:



FOR MORE INFORMATION AND QUESTIONS:

Doris

Brownsville Church of
the Brethren

301.432.8534

brownvillecob@myactv.net

When:

Part I: Saturday, Oct 17 | 8:30am - 12:30pm

Part II: Saturday, Oct 24 | 8:30am - 12:30pm

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

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



BROOK LANE

Hope • Healing • Recovery

an affiliate of  Meritus Health

This training fully sponsored by Brook Lane and is \$0 cost to attendees.

For more information Nettie.Blowers@BrookLane.org | 301.733.0330