

Youth Mental Health First Aid

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

Take a course. Save a life.
Strengthen your community.

FREE TRAINING

Date: Wednesday, 6/22/22

Time: 9:AM - 4:PM

Location: Orange County Department of Mental Health, 5 Harriman Drive, Goshen.

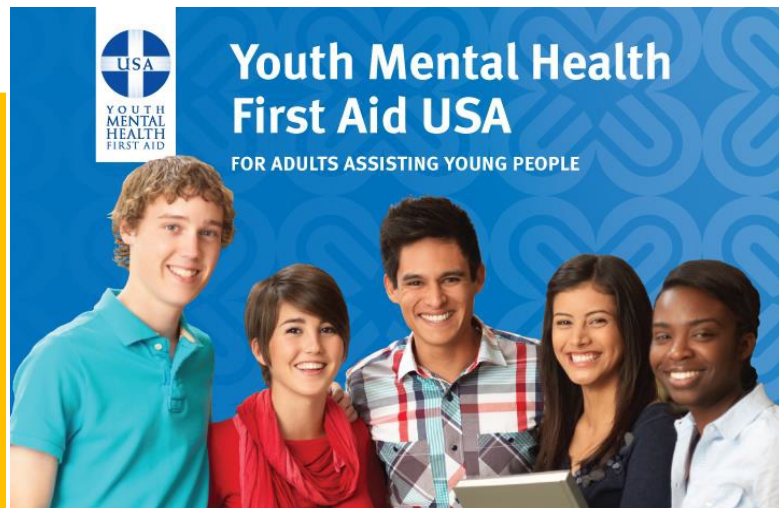
Register: Deadline June 17th, 2022

Michael Bark Orange County Youth Bureau,
mbark@orangecountygov.com or
(845) 615-3614

LUNCH WILL BE PROVIDED

Note: Must attend the entire training for certification.

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18; teachers, coaches, law enforcement, bus drivers, youth workers, librarians, school support staff, case workers, faith leaders and other caring citizens.



WHAT WILL PARTICIPANTS LEARN?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step 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



Steven M. Neuhaus
County Executive

