

YOUTH MENTAL HEALTH FIRST AID



Free Training – Be the Difference

Mental Health First Aid teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

LCS secondary teachers receive a \$175 stipend for attending the course outside school hours.

4 Reasons to Become a Mental Health First Aider



Be prepared

When a mental health crisis happens, know what to do



You can help

People with mental illnesses often suffer alone



Mental illnesses are common

1 in 5 adults in any given year



You care

Be there for a friend, family member, or colleague

WHAT YOU'LL LEARN

How to apply the ALGEE 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

NEW FORMAT: Course is 4.5 hours of in-person instruction, with 2 hours online preparation work prior to the class.

Date(s)	Time	Location
11/3/20, 11/5/20	2:30 PM -5:15 PM; 3:00 PM- 4:45 PM	Lapeer High School
11/14/20 (Sat)	8:00 AM-12:45 PM	Rolland Warner
11/30/20, 12/2/20	2:30 PM-5:15 PM; 2:30 PM-4:45 PM	Lapeer High School
12/8/20, 12/10/20	4:15 PM-7:00 PM; 4:15 PM-6:30 PM	Rolland Warner

REGISTER

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QUESTIONS

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