

YOUTH Mental Health First Aid



WHAT IS MENTAL HEALTH FIRST AID?

Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism. *YOUTH Mental Health First Aid is an eight-hour course designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.* The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Target Audience: ALL staff in Alameda County Behavioral Health, CBOs, and the general public located in Alameda County who is interested in learning how to recognize signs and assist someone in mental health or substance use crisis and non-crisis situations. *PLEASE NOTE: While mental health professionals are welcome, Mental Health First Aid was designed for the general public to receive basic mental health information to enhance the safety net within our communities.*

Trainer: Staff from Crisis Support Services of Alameda County, CSS provides a 24-hour crisis hotline as well as on-going therapy groups, school-based counseling, supportive services for seniors, suicide prevention for youth, and community education.

What you'll learn about:

- Risk factors and warning signs for mental health and addiction concerns
- Strategies for discussing signs and symptoms
- Basic knowledge of anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.
- Resources - Where to turn for help; professional, peer, and self-help resources

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 health disturbances often suffer alone.
- **Stigma Reduction** - Mental health issues affects 1 in 5 adults in any given year
- **Gain Confidence** to be there for a friend, family member, or colleague

If you have an accommodation request or would like to report a grievance about a ACBH-hosted training, contact the ACBH Training Unit: Training.Unit@acgov.org; ph.: [510-567-8113](tel:510-567-8113)

- **Date:** April 2, 2019
- **Time:** 8:30am – 5:00pm
- **Location:** **FREMONT**
Family Resource Center
39155 Liberty Street
Building H800, Pacific Room
Fremont, CA 94538

Continuing Education:
NO CE Credit is available.
However, participants who complete this eight-hour course will receive a two-year national certification as a Mental Health First Aider.

REGISTRATION:

Please self-register online at:
<http://alameda.netkeepers.com>
Limited seating; Open until filled.

For registration assistance contact:

Training.Unit@acgov.org

Ph: 510-567-8113

**When emailing, include training
Date and Title in Subject Line.**

For content-related or other
information about this training
contact:

ACBH Training Officer

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