



# Youth Mental

November 13, 2018

Registration: 7:30a.m.-8:00 a.m.

Training: 8:00a.m.-5:00p.m.

Southeast Missouri State University  
Redhawks Room at the University Center  
Cape Girardeau, MO 63701

Nationally, this course is valued at \$170, but because of generous sponsorship by Missouri's Department of Mental Health you are able to attend at no cost. Lunch is provided.

## REGISTRATION DUE BY November 6, 2018

To register, please email the information below to [nwolfe@semo.edu](mailto:nwolfe@semo.edu), fax it to (573) 651-2856, or mail this completed form to:

Southeast Prevention Resource Center  
One University Plaza, MS7650  
Cape Girardeau, MO 63701

Questions? Call 573-986-6019

Name \_\_\_\_\_

Phone number \_\_\_\_\_

E-mail address \_\_\_\_\_

Occupation and employer name \_\_\_\_\_

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

\_\_\_\_\_  
\_\_\_\_\_



### ALGEE, the Mental Health First Aid Action Plan

- 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

Questions? Contact [nwolfe@semo.edu](mailto:nwolfe@semo.edu) or call (573) 986-6019

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



MENTAL  
HEALTH  
FIRST AID

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



Sometimes, first aid is **YOU!**

A young person you know could be experiencing  
a mental health challenge or crisis.

You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

Sometimes, the best first aid is you.

Take the course, save a life, strengthen  
your community.



Youth Mental Health First Aid Course – 8-hour public  
course.

8:00a.m.-5:00p.m on November 13, 2018  
Southeast Missouri State University  
Redhawks Room at 388 North Henderson Avenue  
Cape Girardeau, MO 63701

This course is brought to you by the Southeast  
Prevention Resource Center, Southeast Missouri  
State University, and Missouri's Department of  
Mental Health.