



**April 15 and 22, 2018  
1-5pm**

**Youth Mental Health First Aid** is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders for youth.

**St. Luke Mental Health Ministry is sponsoring a course on Sundays April 15 and 22 in the St. Luke Auditorium.**  
***Attendance is required for both to receive certification.***

#### **About the Course**

The Mental Health First Aid is an internationally recognized, evidenced based program. It is an interactive session which runs 8 hours. The training introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments for youth.

#### **Specifically, participants learn:**

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care
- The appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem
- **Please contact Anisa Ralls at [anisa0401@gmail.com](mailto:anisa0401@gmail.com) to sign up. Registration deadline is 4/8/18 and the cost is \$10.**

**This course is recommended for teachers, staff, youth leaders, parents, and anyone who comes in contact with youth!**