

**PULLTOGETHER**



**MENTAL  
HEALTH  
FIRST AID**



kid's  
cabinet



## Join the movement! Take a course in *Youth Mental Health First Aid. Save a Life.*

Strengthen your community! Because sometimes first aid is not a bandage, CPR, or calling 911. Sometimes first aid is the help you can offer to someone.

### Participants that attend a Youth Mental Health First Aid 8 hour course will learn:

- Potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety, trauma, suicidal behaviors, non-suicidal self injury, psychosis, eating disorders, and substance use disorders
- An understanding of the prevalence of various mental health disorders in the United States and why we should all work together to reduce stigma on mental health concerns in our communities
- A 5-step action plan encompassing the skills, resources, and knowledge needed to: assess situations when people may be experiencing a mental health disorder, how to select and implement appropriate interventions, tools to help an individual in crisis, tips on how to connect with appropriate professional care
- Evidence-based professional, peer, social, and self-help resources that are available to help.

### Training Details:

**Date:** Friday, October 18, 2019

**Time:** 8:30 a.m. – 5:30 p.m.

**Location:** West Mesa Community Center, 5500 Glenrio Rd. NW, Albuquerque, NM 87105

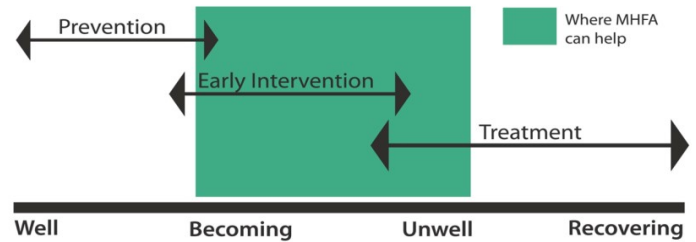
**Register Online at:** <https://mhfa-october2019training-cabq.eventbrite.com>

**Direct Questions to:** NMCAL Program Manager  
e-mail : [wendy.linebrink-allison@nmcrisisline.com](mailto:wendy.linebrink-allison@nmcrisisline.com)

**Provided in Training:**  
Supplemental Materials, 8 BH CEU hours

**Participants:** Open Event

**Plan Ahead:** 30 minute lunch  
food and beverages will NOT be provided



Spectrum of mental health interventions from wellness to mental disorders and through to recovery, showing the contribution of MHFA

### Course is Free, Sponsored in Entirety by:

City of Albuquerque  
New Mexico Crisis and Access Line  
New Mexico Behavioral Health Services Division  
New Mexico Department of Health  
CYFD Communities of Care Pull Together  
ProtoCall Services, Inc.  
Albuquerque Public Schools