

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, members of faith communities, social workers, law enforcement and other caring citizens.

Sometimes, the best first aid is you.  
Take the course, save a life, strengthen  
your community.

**WHEN: Wednesday, May 15, 2019 9am-5pm**

(1/2 hour lunch - please bring your own)

**WHERE: Nexus Youth & Family Services**

601 Court Street, Suite 206

Jackson, CA 95642

**Attendees must RSVP.** For more  
information or to RSVP, please call  
Spencer Dutschke at 209-257-1980 ext. 116  
or e-mail to [sduts@nexusyfs.org](mailto:sduts@nexusyfs.org).



#### ALGEE, the Mental Health First Aid 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

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.