

**FREE**

**YOUTH MENTAL HEALTH FIRST  
AID TRAINING**

**HOSTED BY**

**GRAND PRAIRIE SERVICES**

*Earn a three year certification in Youth  
Mental Health First Aid upon completion  
of the 8 hour training*

**Saturday Dates**

July 13, 20 and 27<sup>th</sup>  
August 3, 10, 17, 24 and 31<sup>st</sup>

**Sunday Dates**

July 14, 21, and 28<sup>th</sup>  
August 4, 18, and 25<sup>th</sup>

**Time:**

8:30 am to 5:00 pm

**LOCATION**

Grand Prairie Services  
17746 Oak Park Avenue  
Tinley Park, IL 60477

To Register or for Information please  
contact

Verenida Moore

(708) 444-1012, ext. 1532

***(CEUs Available)***



**GRAND PRAIRIE SERVICES**  
INTEGRATED HEALTHCARE

**Youth Mental Health First Aid** teaches you how to identify, understand and respond to signs of Mental Illness and Substance Use Disorders

*Have you met individuals experiencing suicidal thoughts or behaviors? Panic? Trauma? Substance Abuse Disorders? How would you know and how can you help?*

**1** in **5** teens and young adults live with a **MENTAL HEALTH CONDITION** and **64.1%** of youth with major depression do not receive any **MENTAL HEALTH** treatment.

Youth Mental Health First Aid is an 8-hour course that prepares members of the public to provide Mental Health First Aid to those in need. The workshop will provide an overview presentation focusing on mental health needs and crisis of youth and adolescents, (transition aged 12-24). One of the highlights is the ability to gain new strategies for helping youth who may be experiencing a mental health crisis or have mental health needs.

**WHO SHOULD TAKE IT?**

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| <ul style="list-style-type: none"><li>• Adults 18 and over</li><li>• Employers</li><li>• Police Officers</li><li>• Hospital Staff</li><li>• First Responders</li><li>• Faith Leaders</li><li>• Community Leaders</li><li>• Caring Individuals</li></ul> | <ul style="list-style-type: none"><li>• Teachers</li><li>• School Staff</li><li>• Coaches</li><li>• Youth Group Leaders</li><li>• Parents</li><li>• Camp Counselors</li><li>• Anyone Who Works With Youth</li></ul> |
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**WHAT IT COVERS?**

- Common Signs and Symptoms of Mental Illness and Substance Use Disorders In this age group, including:
  - Anxiety
  - Depression
  - Eating Disorders
  - ADHD
  - How to interact with an adolescent in crisis.

The courses will teach you how to apply the **ALGEE** 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

**NOTE:** The information provided by YMHA is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.

Youth Mental Health First Aid is funded by  
SAMHSA (Substance Abuse and Mental  
Health Services Administration)