



# SOMETIMES, FIRST AID IS YOU!

## Youth Mental Health First Aid

A young person you know could be experiencing a mental health challenge or crisis. You can help them.

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 care. The 8-hour course will be presented by Monroe County Office of Mental Health trainers.

- For parents or adults who work with or interact with young people, ages 12-18
- Learn to recognize the signs and symptoms that could be associated with a mental health challenge such as depression, self-harm, or anxiety
- Learn how to talk to a young person who might be in a crisis

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



Please contact us to take advantage of this **FREE** training!



### 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*

### Questions? Contact:

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