



MENTAL  
HEALTH  
FIRST AID

## Youth Mental Health First Aid

eight-hour certificate course • April 29, 2017 • 8:30am – 5pm  
\$25 fee • lunch and coffee provided • Columbia, Missouri

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.

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 five-step action plan to offer initial help to young people showing signs of a mental illness or crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the eight-hour Youth Mental Health First Aid course, but it is designed for adults who work with young people, between 12 and 18 years old — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

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

For information or to schedule a training, contact: Sarah Traub

Traubs@missouri.edu  
660-882-5661



This training is brought to you in partnership from the Children's Grove and MU Extension:

UNIVERSITY OF MISSOURI  
 **Extension**  
an equal opportunity/access/affirmative action/  
pro-disabled and veteran employer



A single act of kindness  
can change a life forever

Children's  
Grove



# Youth Mental Health First Aid Training Individual Registration/Consent Form

Date: Saturday, April 29, 2017  
Time: 8:30 am – 5:00 pm  
Location: Missouri 4H Center for Youth  
Development  
1100 South College Avenue  
Columbia, Missouri

Please send completed form with \$25 registration  
fee for course supplies (students covered by  
scholarship) to:  
University of Missouri Extension  
Attn: Youth Mental Health First Aid  
1205 University Avenue, Suite 1100  
Columbia, MO 65211

For questions about registration, please contact: Sarah Traub, at [traubs@missouri.edu](mailto:traubs@missouri.edu) or (660) 882-5661.

Date: Saturday, April 29, 2017  
Time: 8:30 am – 5:00 pm  
Location: Missouri 4H Center for Youth Development  
1100 South College Avenue  
Columbia, Missouri

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
Occupation/Employer: \_\_\_\_\_  
High School (if participant is a student): \_\_\_\_\_

We want to tailor this training to meet your needs. Please describe any special circumstances you would like us to consider for your training and reasons you are enrolling in the course (e.g., better serve clients/public with mental health issues, seeking general mental health information):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Mental Health First Aid Training for persons age 18 and younger (must be at least high school junior) requires parental or guardian permission for participation. Please return with signature prior to attending training. The program is intended for mature adolescents wishing to provide peer support. The training is **not therapy or counseling** but will include discussion of emotionally sensitive topics, including risk factors and warning signs of a variety of mental health challenges common among adolescents (e.g., anxiety, depression, psychosis, eating disorders, substance use). [For more information about the training, please contact Sarah. To discuss whether this program is well suited for your child, please contact your school counselor.]

-----

I am aware participants in Youth Mental Health First Aid Training will receive training regarding mental health and substance use issues and will learn a five-step method to assist a person experiencing a mental health difficulty or crisis. I, \_\_\_\_\_ give my permission for my child, \_\_\_\_\_, to attend and participate in Youth Mental Health First Aid Training.

\_\_\_\_\_  
Parent/Guardian Signature Date