

APRIL  
**15**



**KINGDOM LOVE, LLC**

*presents:*



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

1-day  
Virtual Training  
  
9am-4pm(PST)  
  
(breaks/lunch-time included)

**First Aiders are:**

- Mental health stigma reducers
- Caring community members
- Part of a larger support system
- Informed helpers
- Resource knowledgeable

- Increase confidence to provide strategies to help someone in both crisis and non-crisis situations
- Increase knowledge where to turn to for help
- Safe and interactive learning environment with mental health professionals

1 IN 5  
teens & young adults  
live with a mental  
health condition.  
National Alliance for Mental Illness

**For more information or to schedule a private training for your group,  
please contact Lisa Mena @ [Lisa@KingdomLove.live](mailto:Lisa@KingdomLove.live)**



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Mental Health **FIRST AID**  
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## Virtual Training

2-step Interactive process that requires your active participation.

Step 1: Complete online pre-work before your scheduled date.

Step 2: Participate during instructor-led training on your scheduled date.

## When

Friday April 15, 2022  
9:00am - 4:00pm (PST)

## Cost

Early Registration:  
\$180 - please register by March 18.

After March 18th, price increases to \$200.

## Registration

Please email:  
[Lisa@KingdomLove.live](mailto:Lisa@KingdomLove.live)

Registration deadline is April 8th.

Private trainings are available upon request with minimum 10 participants.

## Youth Mental Health First Aid Training

Just like CPR First Aid teaches you skills to help during an emergency, Youth Mental Health First Aid teaches adults the skills to help during mental health distress and crisis. The First Aider will gain skills and confidence that will help you to reach out and provide initial help and support to a youth who may be developing a mental health, substance use problem or experiencing a crisis.

## What you will learn

- Common signs and symptoms of mental health distress/illness/substance use/crisis
- First Aiders learn to apply the **ALGEE** action plan to support a youth through distress
- First Aiders learn to whom and how to refer the youth to self-care or appropriate professionals who can help
- First Aiders earn a certification valid for 3 years
- First Aiders receive 6 hours of instructional training toward professional development
  - Ask your employer about professional development reimbursement

## Provided by

Lisa Mena, MHRs and Ruby Osuna, AMFT

