

Interested in learning how to respond to youth in distress?

Register Now for a NO-COST In-Person Training
Sponsored by IHS-Ca Area Office

Youth Mental Health First Aid

May 22, 2024, 9:30AM-5PM

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

Limited spots available

**Register By April 30
to save your spot!**



To Register Email: Carolyn at
Carolyn.Pumares@ihs.gov



Training Location:
Best Practices Conference
Holiday Inn
300 J Street, Sacramento, CA

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

If you have any questions or if you want to register,
please email Carolyn at Carolyn.Pumares@ihs.gov

