

Sometimes, first aid isn't a **bandage**, or **CPR**,
or the **Heimlich**, or calling **911**.

Sometimes, first aid is **YOU!**

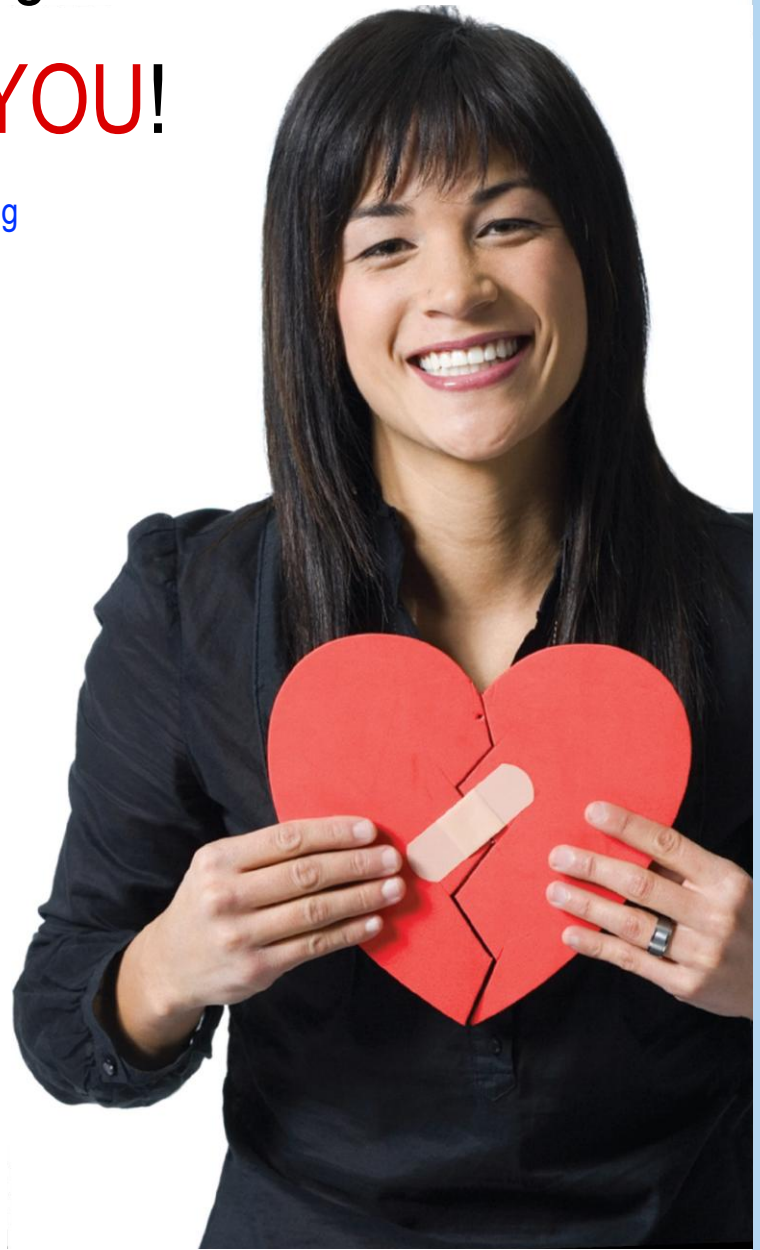
A young person you know could be experiencing
a mental health challenge or crisis.

You can help them.

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 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 professional, peer, social, or self-
help care. Anyone can take the 8-hour Youth Mental
Health First Aid course, but it is ideally designed for
adults who work with young people, ages 12-18 —
teachers, coaches, leaders of faith communities,
social workers, and other caring citizens.

Sometimes, the best first aid is you.

Take the Youth Mental Health First Aid
course, save a life, strengthen your community.



Application can be made for 8 hours of continuing education through Counselors Examiners Board; the Board of Addiction and Prevention Professionals; and Board of Social Workers. Teacher Renewal Credit (8 hours) will be available and this training will fulfill the SD DOE 1-hour of suicide prevention requirement.



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 Dodi Haug at
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Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.