



MENTAL  
HEALTH  
FIRST AID®

# Youth Mental Health First Aid

A youth you know could be experiencing a mental health or substance use problem.  
**Learn ways to help.**

## Training Information

**Date:** August 22 & 23

**Time:** 8:00 am-12:15 pm

**Location:** Sunset Church of  
Christ Annex  
3723 34th Street

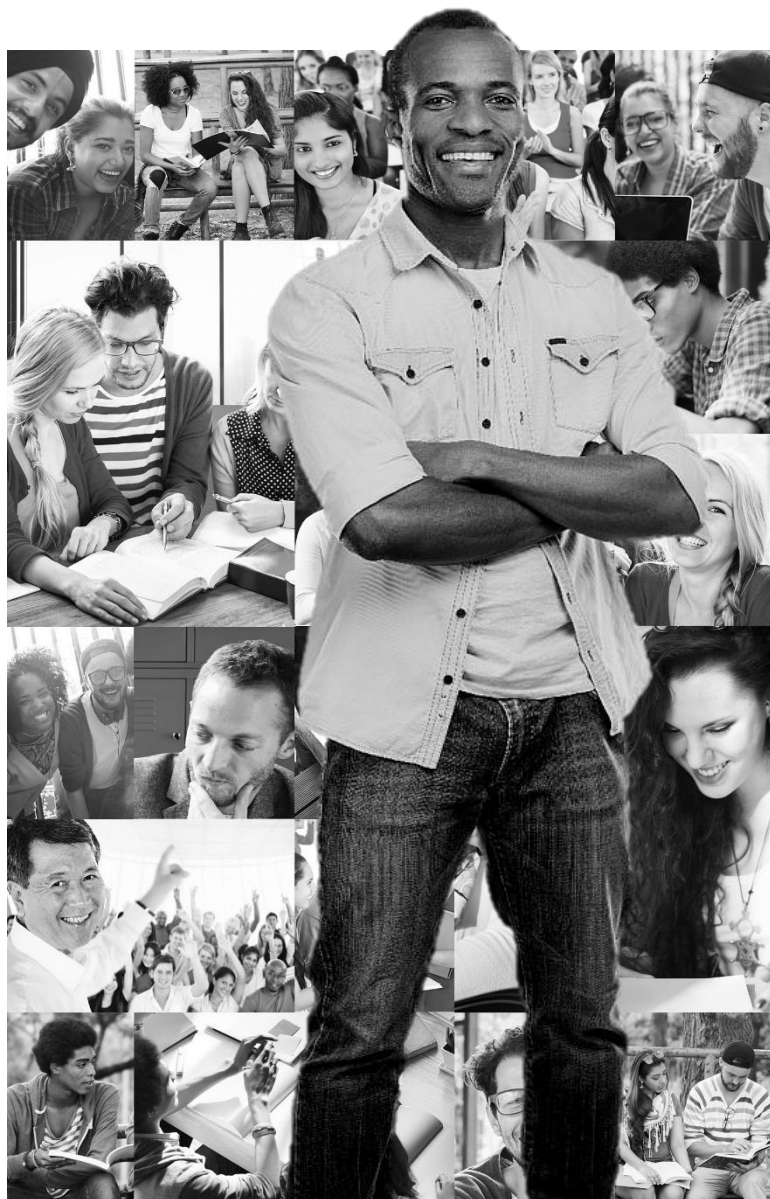
**Cost:** \$36

**Registration Link:**

<https://form.jotform.com/92107454984161>

Mental Health First Aid teaches participants a five-step action plan, **ALGEE**, to support someone developing signs and symptoms of a mental illness or experiencing an emotional crisis:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies



**Take a course. Save a life.**  
**Strengthen your community.**  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)