



Mental Health First Aid - 8 hour Courses

Youth Focus – Friday, July 8, 2016 9:00 am – 5:00 pm
Youth Focus – Monday, August 15, 2016 9:00 am – 5:00 pm

For anyone who works with, or supports, youth and young adults. Do you find yourself wondering if the young people you are working with are experiencing a mental health issue or have thoughts of suicide? Youth Mental Health First Aid can give you some tools to recognize early warning signs and give you information on how to be more confident in addressing such concerns. Youth Mental Health First Aid is a great resource for teachers, detention staff, youth group leaders and other adult role models who consistently work with or interact with youth..

Allegan County Community Mental Health Services
County Service Building
3283 - 122nd Ave
Allegan, MI 49010

Both courses are free of charge and lunch will be provided, made possible by a grant from the Perrigo Company Charitable Foundation.

REGISTRATION

Please register at: <https://lakeshoretraining.org/allegan>

You will need to create a student account if you have not already done so. **You must enroll prior to attending. Please Choose Allegan for County option. If your manager, organization or program is not listed, please choose "0, no manager/other" Registration questions? Please contact Kathy Fairbotham (269) 673-8833, ext. 2705 or email KFairbotham@accmhs.org*

Questions? Please contact:

Erin Hurley, MHFA Trainer
ACCMHS
(269) 673-3384 ext 2764

EHurley@accmhs.org

Dale Shannon, MHFA Trainer
ACCMHS
(269) 673-8833 ext 2706

DShannon@accmhs.org



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:

Erin Hurley (269) 673-3384 ext. 2764
Dale Shannon (269) 673-8833 ext. 2706

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.



MENTAL
HEALTH
FIRST AID

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

Sometimes, first aid is **YOU!**

A 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. Mental Health First Aid teaches a 5-step action plan to offer initial help to anyone 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 Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

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



**Mental Health First Aid Courses –
8-hour public course.**

**ACCMHS at the County Services Building
3283 122nd Ave, Allegan MI 49010**

Free of Charge, lunch provided
See back for registration and contact information.

This course brought to you by Allegan County
Community Mental Health, Lakeshore
Coordinating Council and the Perrigo Charitable
Foundation