

*Alameda County Behavioral Health
is pleased to offer a FREE course:*

Youth Mental Health First Aid



**Mental Health
FIRST AID**
from NATIONAL COUNCIL FOR
MENTAL WELLBEING

WHAT IS MENTAL HEALTH FIRST AID?

Most of us would know how to help if we saw someone having a heart attack - we'd start CPR, or at the very least, call 9-1-1; but too few of us know how to respond if we saw someone having a panic attack, or were concerned if a friend or co-worker might be showing signs of depression or substance use. Mental Health First Aid (MHFA) is an international curriculum that offers certification for lay-people. Its goals are to de-stigmatize fear or negative attitudes surrounding mental health, and expand the safety net of help within communities.

MHFA for Youth will introduce a five-step action plan for how to help a young person in both crisis and non-crisis situations. Participants will learn about common mental health challenges and review typical adolescent development. Upon completion of this course, participants will receive certification as a Mental Health First Aider. The certification is good for 3 years.

Target Audience: All classifications of staff at Alameda County Behavioral Health, contracted CBOs, and contracted providers. YOUTH Mental Health First Aid is designed for adults who work with or interact with young people. Parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring community members can all benefit from this course.

Trainers: MHFA certified instructors from Crisis Support Services of Alameda County (CSS).

What will I learn? The MHFA curriculum includes:

- ❖ Risk factors and warning signs for mental health & addiction concerns
- ❖ Strategies for discussing signs and symptoms
- ❖ Basic information on depression, anxiety, trauma, psychosis, and addiction disorders.
- ❖ ALGEE; the five-step action plan to help someone developing a mental health problem or is in crisis.
- ❖ Resources - Where to turn for help; professional, peer, and self-help resources

NOTE: Continuing Education (CE) credit for clinicians is not available for MHFA courses.

If you have an accommodation request or would like to report a grievance about an ACBH-hosted training, please contact the ACBH Training Unit:

Training.Unit@acgov.org



Date: Thursday, March 28, 2024

Time: 9am-4pm*

(*plus 2-hour commitment to complete online pre-course work BY [MARCH 18](#) *)

Location: Virtual (online)

Register at:

https://bit.ly/ACBH_YMHFAMar28

REGISTRATION is limited. Open until filled

NOTE: After signing up, you will receive an EMAIL containing instructions about making your MHFA login and how to complete the pre-coursework.

PLEASE look for and RESPOND to ALL emails from Crisis Support Services about MHFA.

- ❖ For questions about your registration or pre-course work, please contact Mercedes Coleman:
communityeducation@crisissupport.org

Other IMPORTANT REMINDERS:

- ❖ Please register with the intent to complete both the pre-course work by the due date, and be able to attend on the day of training. Due to small class size requirements, empty or cancelled seats cannot be back-filled.

For other questions about this training please email:

training.unit@acgov.org