



MENTAL
HEALTH
FIRST AID

Oakland Community Health Network
is Now Offering!
Youth Mental Health First Aid Training
-for adults who support our youth-

More often, the type of first aid our **youth** need 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.



Mental Health First Aid Course (Youth) - 8 hr. course (8:30 a.m. - 5:00 p.m.)

This training includes a participant manual

Location: 5505 Corporate Drive Troy, MI 48098

Date: 2-23-18

**To register visit: <http://www.ocmha.org/>
****lunch not provided****



Developmental Disabilities • Mental Health • Substance Recovery