



# 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

Dates: October 13 and 20, 2018 Two 4 hr. Sessions from 9:00 a.m. –1:00 p.m.

Community Bible Church:

Location: 1888 Crescent Lake Rd, Waterford Twp, MI 48327 (248) 674-4871

You must attend both sessions in October 2018 to receive certification and to get a FREE resource book at \$20.00 value.

To register visit: <http://www.oaklandchn.org/Trainingschedule>



Developmental Disabilities - Mental Health - Substance Recovery