



Youth Mental Health First Aid 8-hour Course

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Participants will receive a certificate upon completion of training.

June 9th, 2015: 9am – 2pm

June 11th, 2015: 9am – 2pm

Somerville Police Academy Training Room, Somerville Community Safety Building
220 Washington Street, Somerville, MA

This location is universally accessible. Permit parking on side streets will be available to participants during training. Lunch will not be provided; participants are encouraged to bring their own or visit nearby lunch options.

This training is being offered for free to anyone who works and/or lives in Everett or Somerville, MA.

TO REGISTER:

Please send registration form via email or to address below by June 1st. When this training is filled, we will be happy to reserve a space for you on a waitlist.

Cambridge Health Alliance, Dept. of Community Health Improvement
Attn: Mental Health First Aid
230 Highland Ave.
School of Nursing – 5th Floor
Somerville, MA 02143

Questions? Contact Debbie Mondestin, 617-591-6943, dmondestin@challiance.org

Name: _____

Phone number: _____ E-mail address: _____

Agency & position: _____

Address: _____

This project is sponsored by Everett Community Health Partnership – Substance Abuse Coalition, CHNA 16, Cambridge Health Alliance and Somerville Health Department.



ALGEE, the Mental Health First Aid Action Plan

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

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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.