

Youth Mental Health First Aid

Resources to recognize and help troubled youths



Do you work, volunteer and/or interact with youth? (ages 12-18)

Adolescence brings changes that often signal mental health issues. Sorting them out from normal changes can be tricky. Learn to identify the warning signs of mental health problems in adolescents and how to help an adolescent experiencing a mental health challenge.

January 28, 2017

8:30 AM – 4:30 PM

**Monadnock Community Hospital
Parmalee Building, Conference Room 5
452 Old Street Rd., Peterborough**



Youth Mental Health First Aid USA is an 8-hour program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents. It builds understanding of the importance of early intervention and teaches individuals to help an adolescent in crisis or experiencing a mental health challenge.

What will participants learn?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents (ages 12-18) including depression, psychosis, eating disorders, ADHD, disruptive behavior disorders and substance use disorder. Participants **do not** learn to diagnose, nor how to provide any therapy or counseling. Rather participants learn how to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage self-help and other support strategies
- Encourage appropriate professional help

To register call or email Michele Babineau: Phone 562-0986, Email babineaumichelea@gmail.com

Trainers are **Ed Walker**, Peterborough Fire Chief, and **Michele Babineau**, parent representative with the Monadnock Region System of Care. Walker and Babineau are both parents of children who experience mental health issues.

Sponsored by Monadnock Community Hospital's Be the Change Behavioral Task Force