



In partnership with the DeKalb County Community Mental Health Board and DeKalb County Community Foundation

Youth Mental Health First Aid Training

Free Training – All Welcome

Friday, August 25th, 2023
8:30 am to 3:30 pm

Five Seasons Room, Community Outreach Building
2500 N. Annie Glidden Rd. DeKalb, IL 60115



For More Information and to Register:



or email BGCTraining@nm.org

Register by August 18th, 2023 and complete 2 hours of self-paced pre-work prior to attending on August 25th, 2023.

Instructors:

Emily Dienst, LCPC, CEAP
Christine Maxwell, LCPC, CADC
Certified Mental Health First Aid Instructors

Mental Health First Aid (MHFA) is a 6-hour course with 2 hours of self-placed pre-work that teaches how to identify understand, and respond to signs of mental health and substance use disorders. This training will provide the skills needed to reach out and provide initial help to youth who may be experiencing a crisis and/or developing a mental health or substance use problem and help connect them to the appropriate care.

Did you know that **1 in 5** youth in the United States will experience a mental disorder in their lifetime? Many mental disorders emerge during childhood or adolescence.

National Institute of Mental Health via the National Survey on Drug Use and Health (NSDUH) and the Substance Abuse and Mental Health Services Administration.

Who Should Take the Course:

Teachers, Parents, Care Givers, Police Officers, Hospital Staff, First Responders, Faith Leaders, Community Members, Caring Individuals

What it Covers:

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with health providers

