



The Mental Health Association in New York State, Inc. is pleased to partner with **Schodack Central School District** to provide...

## Youth Mental Health First Aid

Saturday, February 1 (snow date: February 15)

8:30 am to 4:30 pm

Maple Hill Jr/Sr High School Library

*\*full day attendance is required; lunch will be provided*

Youth Mental Health First Aid teaches participants **to identify, understand and respond to signs of mental illness and substance use disorders**. This 8-hour training gives adults and caregivers the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. The course teaches the **ALGEE** action plan:

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

This FREE training is being offered as part of the teen Mental Health First Aid Pilot and is presented by staff from the Mental Health Association in New York State, Inc. All 10<sup>th</sup> grade Maple Hill students will receive similar mental health instruction in late-February/early March.

Registration is required at [mhanys.org/registration/](https://mhanys.org/registration/)



**teen**  
MENTAL HEALTH FIRST AID® USA