



Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

Mental Health First Aid teaches you:



Signs of addictions and mental illnesses



5-step action plan to assess a situation and help



Impact of mental and substance use disorders



Local resources and where to turn for help



Mental Health & Recovery Services Board of Allen, Auglaize and Hardin Counties

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. The course introduces common mental health challenges for youth, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Mental Health First Aid courses are 8 hours long and feature:

- Hands-on activities and practice
- ALGEE, the 5-step action plan
- An overview of local mental health resources, support groups, and other help
- A resource manual packed with information on all topics covered in the course

CONTACT DDARBY@PVFF.ORG FOR MORE INFORMATION

Training Funded By:

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Training Provided By:

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