



Learn Youth Mental Health First Aid

A young person you know could be experiencing a mental health challenge or crisis.

You can help them.

Take the course, save a life.

Strengthen your community.

For a number of reasons that will be explored in this training, you are more likely to encounter youth experiencing mental health crises — a friend, family member, student, neighbor, or member of the community — than someone having a heart attack.

Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or experiencing a crisis, and connect them with the appropriate professional, peer, social, or self help care.



Be 1 in a Million. Join the Movement.

For more information

217-782-2491

Cindy Knight, YMHFA Statewide Training Manager

cknight@isbe.net

Youth Mental Health First Aid Trainings provided by ISBE are available at no charge courtesy of SAMSHA grant funding and Project IL-AWARE



ALGEE, the Mental Health First Aid 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