



# Youth Mental Health First Aid Course and Certification

Youth Mental Health First Aid is an evidence based, nationally recognized and accredited course that teaches adults who work with youth how to identify symptoms of different types of mental illness. As with any first aid class, there is an action plan to help a youth in crisis.

Trainees learn how to assess the person for risk of harm or suicide, listen non-judgmentally, give reassurance, and encourage the person to seek professional help.

For LAPS faculty and staff (*certified and non-certified*) and community members working with youth ages 10-18.

Date: Friday, April 6, 2018 or Saturday, April 7, 2018 Time: 8:00am-5:00pm  
Location: **Room 631, Building 6 (Dance Room), UNM-LA**

**Cost:** Instruction, Materials, and Certification costs are provided through generous funding provided by the LA JJAB, ConAlma and the Los Alamos Public Schools. Continental Breakfast and Lunch will also be provided, along with light snacks, and beverages.

**Registration:** To register, please complete the following information and send to Andrea Cunningham [AndreaCjjab@gmail.com](mailto:AndreaCjjab@gmail.com)

NAME: \_\_\_\_\_

Date of Class: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Organization: \_\_\_\_\_

**\*\*Although this course is no cost to you due to subsidizing by the listed organizations, it is valued by the USA Mental Health First Aid organization at \$175.**

**\*\*Photographs may be taken in the class for use in the Los Alamos Juvenile Justice Advisory Board's printed publications and website for the purpose of promoting their programs. By registering for this program, I hereby authorize the Los Alamos Juvenile Justice Advisory Board to publish the photographs taken without compensation and I release the Los Alamos Juvenile Justice Advisory Board, its contractors and its employees from liability for any claims by me or any third party in connection with my participation.**