



YOUTH Mental Health First Aid

8-hour Course FREE – no cost class size limited CEU's available
You must be present all 8 hours to receive a 3-year national certification

Check off class you plan on attending

<input type="checkbox"/>	Rapid City, NAU Campus	July 19, 2017	8 am – 5 pm
<input type="checkbox"/>	Sturgis, Extension Office	July 25, 2017	8 am – 5 pm
<input type="checkbox"/>	Rapid City, First United Methodist Church	August 17, 2017	8 am – 5 pm



Classes taught by Behavior Management Systems' Certified Instructors:
Carrie Werlinger, Kim McNemar & Debbie Siemonsma

To register, please email the information below to Debbie@BMSCares.org . If you do not have access to email, call Debbie @ 605-721-5742 or mail this completed form to Behavior Management Systems or FAX Attn: Debbie 605-343-7293

Questions? Call 721-5742 or email Debbie@BMSCares.org

PLEASE PRINT CLEARLY

Name _____

Phone number _____

E-mail address, if any _____

Occupation and employer name, if any _____

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

We want to thank our classroom providers:

Rapid City Regional Hospital, Meade County Extension Office & First United Methodist Church, Rapid City



**MEADE COUNTY
SOUTH DAKOTA**



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

Questions? Contact Debbie@BMSCares.org or call Debbie @ 605-721-5742.

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

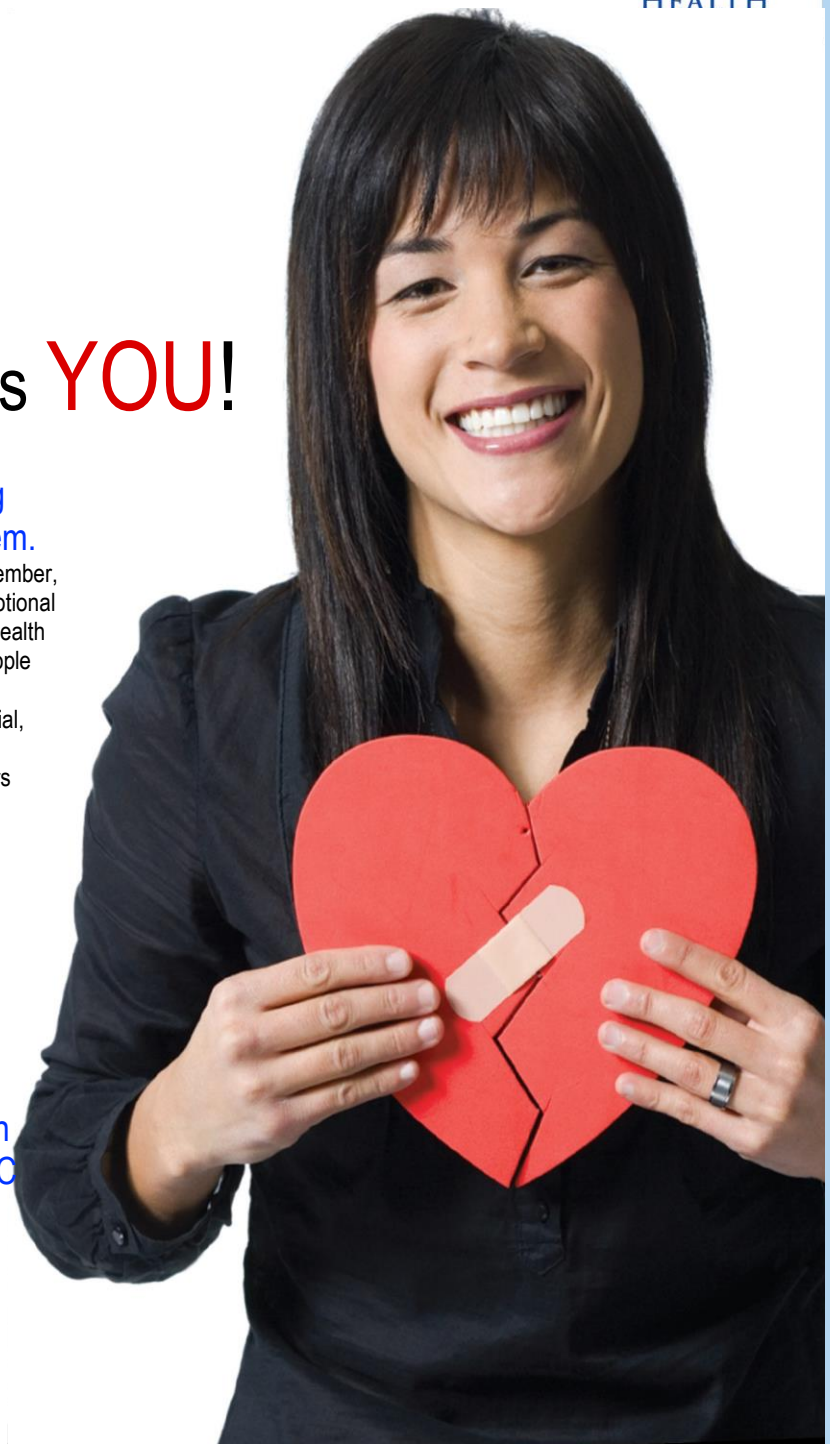
Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen
your community.

Thank you to our classroom sponsors:
Regional Health, Meade County Extension
Office & First United Methodist Church, RO

Instructors provided by
Behavior Management Systems, Inc.



Youth Mental Health First Aid

This course brought to you by Behavior Management
Systems, Inc

This training is provided to you at no cost as part
of the Project Aware Grant.

FREE class.

See back for registration and contact information