



YOUTH Mental Health First Aid

8-hour Course no cost - FREE class size limited CEU's available

Tuesday, Mar. 7 & Wednesday, Mar. 8 Spearfish Regional Hospital
8 am – 12:30 pm each. **You must attend both days.**



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.

Behavior Management Systems, Attn: Debbie, 350 Elk Street, Rapid City, SD 57701.

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

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 sponsors:
Custer Regional Hospital, Sturgis Regional Hospital & Spearfish Regional Hospital**



Helping Patients and Communities Live Well



ALGEE, the Mental Health First Aid Action Plan

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

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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.

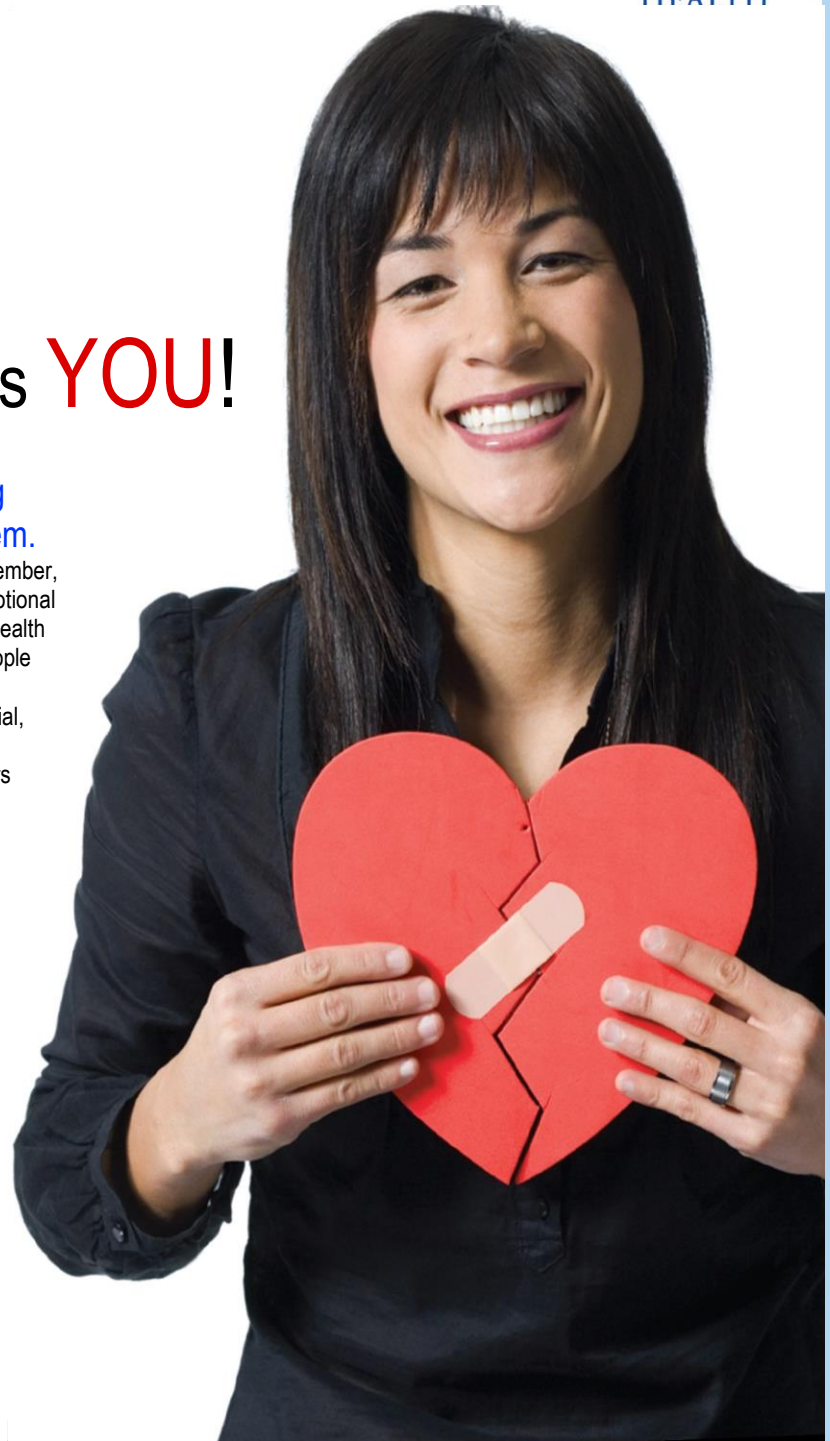
You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a 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.

Our classroom sponsor:



Instructors provided by
Behavior Management Systems, Inc.



Mental Health First Aid

This course brought to you by Behavior Management Systems, Inc.

Classrooms provided by Regional Health.

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