

let's talk
about it

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

Sometimes, first aid is
YOU!

A young person you know could be experiencing a mental health challenge or crisis. You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis 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 in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

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



June 13th, 2017

8:30 a.m - 5:00 p.m

Jewish Federation of Greater Houston
5603 S. Braeswood Blvd.

To register contact Lisa Klein at LKlein@houstonjewish.org by **June 9, 2017**. Registration is on a first come first served basis. A light breakfast and lunch will be provided.

7 hours of CPE, MSW, LPC, and LMFT CEU's