



Youth Mental Health First Aid

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

Sometimes, first aid is YOU.

A young person you know could be experiencing a mental health challenge. **Learn an action plan to help.**

Class Date: Saturday, February 18, 2017

Time: 9-4pm (Lunch provided)

Where: Onalaska United Methodist Church, 212 4th Avenue North, Onalaska

Instructor: Diana DiazGranados, MSW, MPH

Cost: FREE



About the Instructor:

Diana DiazGranados works on a county behavioral health grant funded by the Healthier Wisconsin Partnership Program. She is a certified Mental Health First Aid Instructor and an Onalaska resident.

Take a course.

Save a life.

Strengthen our community.

Call or email today to register for a class!

Phone: (608) 509-8661

E-mail:

diana@lacrosseconsortium.org

Youth Mental Health First Aid USA is an 8-hour public education program which introduces participants 18 years of age and older to recognize the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

For more information: www.mentalhealthfirstaid.org