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## YOUTH MENTAL HEALTH FIRST AID TRAINING RECENTLY OFFERED

Brookings Area United Way recently hosted an 8-hour Youth Mental Health First Aid course that gives people the skills to help someone developing a mental health problem or experiencing a mental health crisis such as contemplating suicide. This training is an evidence-based program widely used throughout the United States.

23 individuals were trained to support an individual until appropriate professional help arrived. The Youth Mental Health First Aiders learned a strategy that includes: Assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports.

The participants were introduced to risk factors and warning signs for mental health or substance use problems, engaged in experiential activities that built an understanding of the impact of illness on individuals and families and learned about evidence-supported treatment and self-help strategies.

Youth Mental Health First Aid is for people and organizations that make up the fabric of a community. Professionals who regularly interact with youth, such as teachers, police officers, nurses, human resource directors, primary care workers, school/college leadership, faith communities, friends, and family of individuals with mental illness or addiction, and community members are encouraged to attend.

For more mental health training opportunities, please visit:  
<https://brookingsunitedway.org/trainings/>

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