



EDUCATIONAL  
SERVICE  
DISTRICT

123



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# YOUTH MENTAL HEALTH FIRST AID TRAINING

**Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):**

**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

## Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.



**December 7, 2024**



**8 AM - 4 PM**



**Highlands Middle School**

425 S Tweedt St, Kennewick, WA 99336

- For parents or adults who work with youth.
- No cost! Lunch and childcare will be provided.
- **Register now! Spots are limited to 30 people.**

**REGISTER AT: [WWW.ESD123.ORG/LEARN](http://WWW.ESD123.ORG/LEARN)  
OR SCAN QR CODE**



For more information, contact **Jamie Ellis** (509.544.5729, [jellis@esd123.org](mailto:jellis@esd123.org))