



# MENTAL HEALTH FIRST AID YOUTH TRAINING

## The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmental.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

## WHY MENTAL HEALTH FIRST AID?

Prepare your community to address mental health and substance use challenges commonly experienced. Developed by people with lived experience of mental health challenges and professionals, this course teaches early intervention techniques and improves mental health literacy to help you understand, identify, and respond to signs and symptoms of mental health and substance use challenges.

Our engaging training program will help you decrease stigma, address tough challenges, and allow your community members to show up fully in their daily lives and support those around them.

**62.3%**  
of Louisianans age 12–17 who have depression did not receive any care in the last year.

**50%**  
of all mental health challenges begin by age 14, & 75% by mid-20s.

**49.5%**  
of adolescents ages 13–18 live with a mental disorder.

## REGISTER TODAY!

### October Dates

October 20th: 8AM to 2:30PM

### November Dates

November 14th: 8AM to 2:30PM

### Contact Us:

For questions about registration, training opportunities, or training requirements, please email our team at:

[LPHItraining@lphi.org](mailto:LPHItraining@lphi.org)

To learn more about MHFA trainings, please visit:

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

