



Please direct correspondence about
Youth Mental Health First Aid to:

Grand Prairie Services
Attn: Alicia Betts-Garrett
17746 Oak Park Avenue
Tinley Park, IL 60477
Phone: (708) 444-1012
Website: www.gpsbh.org



YOUTH

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in a crisis.



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Find us at:
www.gpsbh.org



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BEHAVIORAL HEALTHCARE

What is Mental Health First Aid?

Youth Mental Health First Aid is an 8-hour training course. Just as CPR training helps a layperson assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

You Will Learn

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and on-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Who can be a Mental Health First Aider?

- * Educators
- * College/University Leaders
- * Students
- * Human Resource Professionals
- * First Responders/Security Personnel
- * Nurses/Physician Assistants
- * Members of Faith Communities
- * Social Workers
- * Caring Citizens

Did You Know?

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental Disorders are more common than heart disease and cancer combined.

Enrollment Information

Attendance

Youth Mental Health First Aid is a 8-hour training course that must be attended in its entirety to receive certification. Because of the interactive nature of the course, only 15-25 individuals will be enrolled in each course.

Location

If your group has 12 or more individuals, please contact us and we may be able to hold the course at a location convenient for you.

Cost

The cost of the course is \$45.00 per person, or \$35 per person for groups of 5 or more from the same organization. The cost includes 8-hour instruction and a manual. Light snacks will be provided.

The registration form and payment in full must be received by the Friday before the program start date.

Certification

A certificate will be issued at the completion of the course and may be renewed every three years. Participants may submit their certificate to their appropriate regulatory board for approval of continuing education credits.

Cancellation Policy

To cancel your registration, please contact Alicia Betts-Garrett, Human Resources at Grand Prairie Services (708) 444-1012.

Enrollment Form

To register over the phone, please call Alicia Betts-Garrett at 708-444-1012, ext. 1548.

To mail your payment and enrollment information form:

Grand Prairie Services,
Youth Mental Health First Aid Training
17746 Oak Park Avenue
Tinley Park, IL 60477
Attn: Alicia Betts-Garrett.

Workshops

Please visit our website at www.gpsbh.org for scheduled trainings.

Personal Information

Name: _____

Address: _____

Phone Number: _____

Email: _____

(Please make checks and money orders payable to Grand Prairie Services)

Credit Card Payment

Amex __ Discover __ MasterCard __ Visa __

Name on Card: _____

Credit Card Number : _____

Expiration Date: _____