

# Depression & Suicide

## 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> GRADERS

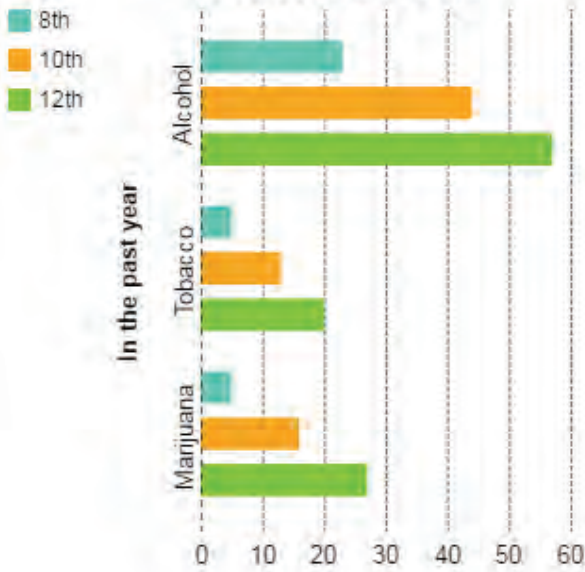


Have felt sad or hopeless for two weeks in a row.



Have seriously considered suicide within the past year.

## Substance Use



## Top 4 Health Concerns



2016 Illinois Youth Survey Data from ROE #11 Combined data.

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

*Sometimes, the first aid is **YOU!***



# Youth Mental Health First Aid Training

8 Hour Course



Learn how to identify and help students at high risk for suicide, depression, and other teen issues.



105 A Professional Plaza  
Mattoon, IL 61938  
1-888-550-7464  
or 217-258-4570

[www.sarahbush.org/bodyelectric](http://www.sarahbush.org/bodyelectric)



A young person you know could be experiencing a mental health challenge or crisis.

**You can help them.**

Sometimes, the best first aid is you.

Take the course, save a life, strengthen your community.

Youth Mental Health First Aid USA is a **FREE** 8-hour public education program which introduces participants to 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.

### Who:

Teachers, Bus Drivers, Cafeteria Workers, Nurses, Support Staff, Parents, and Community Members.

### What you will learn:

How to identify students at high risk for suicide, depression, and other teen issues.

### How to talk with students/ children regarding the tough topics:

What to say to show concern and support for what they are facing.

### Location:

Paris High School  
14040 E 1200th Rd • Paris, IL 61944

**8 am to 4:30 pm**

## SCHEDULE

### SESSION 1

Four hours

#### Part 1 (two hours)

- What is Mental Health First Aid?
- Mental health problems in the USA
- The Mental Health First Aid Action Plan
- Understanding depression
- Understanding anxiety disorders

#### Part 2 (two hours)

- Crisis First Aid for suicidal behavior & depressive symptoms
- What is non-suicidal self injury?
- Non-crisis First Aid for depression and anxiety

### SESSION 2

Four hours

#### Part 1 (two hours)

- Crisis First Aid for panic attacks
- Crisis First Aid for traumatic events
- Understanding disorders in which psychosis may occur
- Crisis First Aid for acute psychosis

#### Part 2 (two hours)

- Understanding substance-use disorder
- Crisis First Aid for overdose
- Crisis First Aid for withdrawal
- Using Mental Health First Aid



## REGISTRATION

### Youth Mental Health First Aid 8-Hour Course

Call SBL Body Electric at **217-348-4570** to register or complete the form below and mail to:

Body Electric  
105 A Professional Plaza  
Mattoon, IL 61938

Or send information to [lbollan@sblhs.org](mailto:lbollan@sblhs.org)

• **CPDU's and CE's for Nursing/Social Work offered at no charge.**

- Maximum 35 students per class.
- Call to reserve your seat today.

Select ONE date:

**8 am to 4:30 pm**

- September 26, 2017
- November 14, 2017
- January 9, 2018
- March 20, 2018
- May 15, 2018

Lunch will be provided by SBL Body Electric

Name \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Brief description of why you're enrolling in course (examples: help family member or loved one, better serve clients/public, seeking mental health information.) \_\_\_\_\_