MHFA Participant Testimonials

Testimonial: Mental Health First Aid on College Campuses
I'm immensely grateful for the opportunity to take the Mental Health First Aid class. The class has boosted my confidence in handling a mental health crisis on my campus. Witnessing another person's emotional distress is not a position any of us choose to experience while at work. However, the 'new' reality on college campuses is that on any given day we may find ourselves in the midst of such an experience. Feeling helpless to assist a distressed student (or colleague) is no longer an option, thanks to what I've learned by completing the Mental Health First Aid course.

- Nancy White, First Aider

Testimonial: Mental Health First Aid in Faith Communities
After the class I became more committed to become an advocate or at least a person that would start a conversation about the subject. I approached my pastor and got permission to display mental health information in honor of Minority Mental Health Awareness Month. Some time later I received a call from someone that was having thoughts of self-harm. As a person of faith, my first response was a quick silent prayer and my second response was to go to my desk. I took out the Mental Health First Aid action plan and used the tools it provided. The caller needed a calm, nonjudgmental listener who encouraged a conversation with a professional for help. The class helped me become that person.

- Gail Berry, First Aider

Next Classes in Boca Raton Begin April 17th
Mental Health First Aid Training at BRCMS
New Evening Classes

Open to Teachers, Staff and Parents!
Can’t miss a day at work but want to learn the skills to help?
Join us, 4 Wednesday evenings from 6-8 PM
April 17-May 8th.

On the Campus of
Boca Raton Community Middle School
FREE to ALL School District Employees

1 in 5 youth ages 13 to 18 lives with a mental health condition. That means in a class of 25, five students are impacted. That’s why it’s so important for all adults working in the school setting to take Youth Mental Health First Aid, an 8-hour course that teaches participants how to help adolescents experiencing a mental health or substance use challenge. Having a more informed staff can dramatically help early intervention efforts and get youth the help they need.

For REGISTRATION and INFORMATION Contact: MHFA@BRPromise.org or call 561-715-0447
YOUTH MENTAL HEALTH FIRST AID

Why Youth Mental Health First Aid?
Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT
- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

WHAT IT COVERS
- Common signs and symptoms of mental illnesses in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

The course will teach you how to apply the ALGEE action plan:
- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Email: MHFA@BRPromise.org

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