

FREE Youth Mental Health First Aid Course

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

Sometimes, first aid is **YOU!**

A young person you know could be experiencing a
mental health challenge or crisis. You can help them.



Where: Hawthorne Public Library
110 W 1st St.
Hawthorne, NV 89415

When: Thursday, April 22, 2021
8:00am - 5:00pm (Lunch on your own)

For more information or to register contact
LeeAnn Luna 775-727-9970 ext 204 leeann@nyeec.org

**Sometimes, the best first aid is you. Take the course, save a life, strengthen
your community.**



You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

The Nye County School District neither endorses nor sponsors the organization or activity represented in this document. The distribution of this material is provided as a community service.

This information was developed in part under grant number 6H79SM081019-01M003 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

This institution is an equal opportunity provider and employer

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When: Saturday, April 17, 2021

Thursday, May 6, 2021

Thursday, May 27, 2021

Thursday, June 17, 2021

Wednesday, July 7, 2021

Thursday, July 22, 2021

Tuesday, August 17, 2021

All Classes - 8:00am - 5:00pm (Lunch on your own)

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Where: Mineral County Fire Department
418 Mineral Way
Hawthorne, NV 89415

When: Thursday, March 26, 2020
8:00am - 5:00pm (Lunch on your own)

For more information or to register contact
LeeAnn Luna leann@nyecc.org Tel: 775-727-9970 ext 204

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Where: NyE Communities Coalition
1020 E Wilson Road
Pahrump, Nevada 89048

When: Saturday, April 17, 2021
8:00am - 5:00pm (Lunch on your own)

For more information or to register contact
LeeAnn Luna leann@nyecc.org Tel: 775-727-9970 ext 204

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