

# 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.



When: Thursday, May 6, 2021

Thursday, May 27, 2021

Thursday, June 17, 2021

Wednesday, July 7, 2021

Tuesday, August 17, 2021

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

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

**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