



presents

“Mental Health First Aid for Youth”

A FREE interactive workshop open to ALL parents and educators

Saturday, March 5, 2016

8:00 a.m.—4:00 p.m.

EBRPSS Instructional Resource Center

1022 S. Foster Drive

Baton Rouge, LA 70806



MENTAL
HEALTH
FIRST AID®

Workshop Overview:

Mental Health First Aid is an 8-hour course that introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and overviews common treatments. The course uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer and social supports as well as self-help resources.

Mental Health First Aid allows for early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find help?” Participants are introduced to local mental health resources, national organizations, support groups, and online tools for mental health and addictions treatment and support.

**Please note that participants must commit to attending the entire workshop in order to receive the stipends and CLU's.*

EBRPSS Employees ERO Registration: Course# SPED50722 SRN# 5072201

*Presented by: Erin Pourciau, ICARE Specialist

***REFRESHMENTS WILL BE PROVIDED**

***Stipends and CLUs will be provided for
EBRPSS ESS Teachers only**

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