

Teachers  
Counselors  
Coaches  
Nurses  
Police Officers  
Fellow Students  
Safeguards  
Custodians  
College Students  
Sales Clerks  
Others



MENTAL  
HEALTH  
FIRST AID



Spread the movement in your community

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community

# TRAINING IN YOUR AREA!



BEHIND THIS WAY/  
FOUNDATION

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH



MENTAL  
HEALTH  
FIRST AID

"I want teen Mental Health First Aid in every school in the country," says Lady Gaga.

## Let's make Youth Mental Health First Aid as common as CPR.

Youth Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses. Anyone, anywhere can be the one to make a difference in the life of someone with a mental health or substance use challenge - if they know what to do and what to say.

**TRAINING LIMITED TO 30 SEATS!**

**Location: Sheffield City Board of Education Annex, Sheffield, AL**

**Date: Oct 24, 2019**

**Time: 8:00-4:00**

**Registration Deadline: Oct 11, 2019**

**Cost: \$125 per person**

Reserve your spot today:  
256-386-5735



YOUTH  
MENTAL  
HEALTH  
FIRST AID®

# Youth Mental Health First Aid Training Registration Form

Youth Mental Health First Aiders are...

Teachers, first responders, secretaries, custodians, veterans. They're neighbors, parents and friends. They're people in recovery, and those supporting a loved one. They're First Ladies and Mayors. Mental Health First Aiders are anyone who wants to make their community healthier, happier and safer for all.

October 24, 2019 8:00-4:00

Training Location:  
Sheffield City Schools Annex  
300 West 6th Street, Sheffield, Al 35660

Full Name: \_\_\_\_\_

Email: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

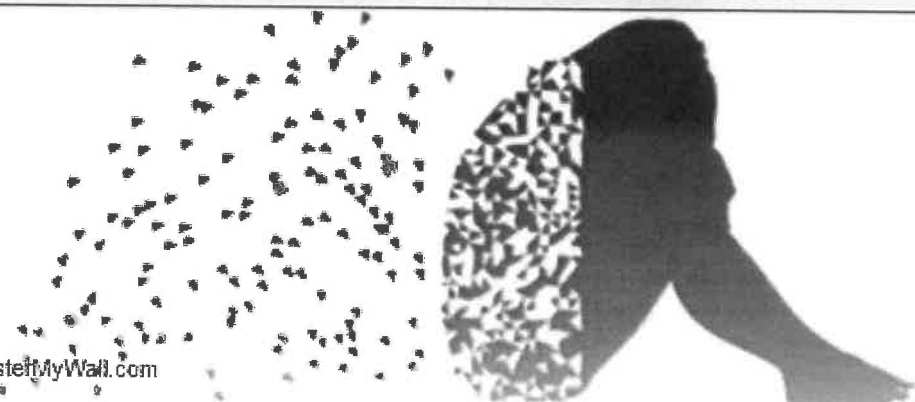
Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Organization/School: \_\_\_\_\_

Make Checks Payable to: Sheffield City Schools  
\*300 West 6th Street, Sheffield, Alabama 35660\*  
Youth Mental Health First Aid Training and Manual: \$125

Due to limited seating, registration and payment must be received prior to October 11th, 2019.

Questions: 256-386-5735 or [tparker@scs.k12.al.us](mailto:tparker@scs.k12.al.us)



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