



## YOUTH MENTAL HEALTH FIRST AID TRAINING

**Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.**

When: Friday, March 20, 2026

Time: 9:00am-4:30pm CST

Lunch 12-1pm (on your own)

Facilitator: Michelle Kohmetscher

Where: Central Community College

1501 Plum Creek Parkway

Lexington, NE 68850

**There is no registration fee to attend.**

Sponsored by Region II Human Services & Central Community College, Lexington Center

### **REGISTRATION:**

Please fill out the registration information below and send to Relena Lyddon at [relenalyddon@cccneb.edu](mailto:relenalyddon@cccneb.edu) or Maira at 1-308-338-4081 to register. AVOR 9000 CLE26

Additional questions, please call Shannon at 308-529-0595 or [shannonsell@r2hs.com](mailto:shannonsell@r2hs.com)

CEU's are not available for the training, but a certificate of completion will be available after the training.

**Please register by Wednesday, March 18, 2026. Class size is limited.**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Phone number \_\_\_\_\_ Email Address \_\_\_\_\_

Occupation and employer name, if applicable: \_\_\_\_\_



### **ALGEE, the Mental Health First Aid 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**

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