



MENTAL HEALTH FIRST AID

Training Request Form

REQUESTED DATE(S) - may list several possibilities:

REQUESTED COURSE (Adult, Youth, Public Safety)_____

ANTICIPATED NUMBER OF ATTENDEES (minimum 5; Maximum 30)_____

AGENCY_____

NAME (Contact Person)_____

PHONE NUMBER_____

E-MAIL ADDRESS_____

ADDITIONAL COMMENTS:

Please e-mail this completed form to tflynn@sbhcutah.org.

QUESTIONS: Call (435) 634-5638 or e-mail tflynn@sbhcutah.org



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*

The National Council for Behavioral Health was instrumental in bringing Mental Health First Aid to the U.S. in 2008.