



**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

# YOUTH MENTAL HEALTH FIRST AID

## WHAT IT IS:

- YMHA teaches how to identify, understand, and respond to signs of mental illness and substance use disorders in youth.
- This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents ages 6-18 who may be developing a mental health or substance use problem and help connect them to appropriate care.
- Builds an understanding of the importance of early interventions.
- **TEA credits offered.**
- **Meets HB 3, 88<sup>th</sup> Legislative session Mental Health Training Requirement (TEC Sec 22.904).**

### The course will teach you how to apply the **ALGEE** action plan:

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

## SIGN UP ON CLICK & LEARN TODAY! ([www.esc19.net](http://www.esc19.net))

**Location: ESC-Region 19, 6611 Boeing Dr.**

**Time: 8:30 a.m. - 4:00 p.m.**

Aug 20, 2025	# 219459
Sept 17, 2025	# 219473
Oct 22, 2025	# 219460
Nov 20, 2025	# 219461
Dec 10, 2025	# 219462
Jan 28, 2026	# 219463
Feb 12, 2026	# 219465
Mar 25, 2026	# 219466
Apr 16, 2026	# 219467
May 7, 2026	# 219468
May 20, 2026	# 219471
Jun 11, 2026	# 219472

For more information or to schedule a class for a group, contact Rocio Bickei ([rmbickei@esc19.net](mailto:rmbickei@esc19.net)) or Bianca Saucedo ([lbsaucedo@ehnel Paso.org](mailto:lbsaucedo@ehnel Paso.org))



EDUCATION SERVICE CENTER  
REGION 19



<https://txr19.escworks.net/>



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