



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, 88th 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)

Location: ESC-Region 19, 6611 Boeing Dr.

Time: 8:30 a.m. – 4:00 p.m.

August 20, 2026	#225752
September 10, 2026	#225753
October 22, 2026	#225754
November 18, 2026	#225755
December 10, 2026	#225756
January 14, 2027	#225757
February 11, 2027	#225758
March 4, 2027	#225760
March 24, 2027	#225764
April 22, 2027	#225765
May 13, 2027	#225769
June 16, 2027	#225771

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



EDUCATION SERVICE CENTER
REGION 19



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



Emergence Health Network
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