



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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FAMILY NET TO OFFER MENTAL HEALTH FIRST AID COURSE

HICKORY -- Family Net will begin offering a training program in Mental Health First Aid to help adults respond to mental health crises involving adolescents.

This eight-hour course will teach participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior, and substance abuse. Participants will not learn to diagnose, nor how to provide any therapy or counseling. Instead, participants will learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.

Participants will learn to assess for risk of suicide or harm, listen non-judgmentally, give reassurance and information, encourage appropriate help, and encourage self-help and other support strategies.

This training is being offered to anyone who works with youth (ages 12-18) such as teachers, athletic coaches, mentors, juvenile justice professionals, medical staff, faith communities, law enforcement, human service organizations and the general public. There is a fee of \$50 per person for this course.

To find out how to enroll, contact Janine Szymanski or Debra Katz at 828-695-6500. For additional information about Mental Health First Aid, visit www.mentalhealthfirstaid.org.

Family Net, a division of Catawba County Social Services, offers behavioral health care to children and youth. For more information about Family Net, go to www.catawbacountync.gov/dss/FamilyNet.

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