



www.MentalHealthFirstAid.org

**REGISTRATION FORM**

Please mail this form to the addresses listed for your preferred site or  
Email: [clpwwmd@gmail.com](mailto:clpwwmd@gmail.com)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**REGISTRATION DEADLINE:**  
**1 week prior to each event**

THERE IS NO FEE FOR THIS WORKSHOP  
THANKS TO A GRANT FROM:  
ELCA Disability Ministries  
in partnership with  
Community Lutheran Partners, Inc and  
NAMI of Greater Wheeling

**St. Mark Lutheran Church  
PO Box 3054 (141 Kruger St.),  
Wheeling WV**

**Grace Lutheran Church  
5 Pine St., Petersburg WV**

**Trinity Lutheran Church  
1600 Kanawha Blvd., Charleston  
WV**

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“Following Jesus to **W.A.L.M.A.R.T**”

Wellness is our goal

Awareness is where it begins

Love is the balm

Ministry is our response

Acceptance saves lives

Resources will be made available to the  
entire community

Training is where the educational process  
and real change begins.

## **YOUTH MENTAL HEALTH FIRST AID**

SPONSORED BY  
COMMUNITY LUTHERAN PARTNERS

**FEB. 22 - St. Mark  
Lutheran Church,  
Wheeling**

**MARCH 14 - Grace Lutheran  
Church,  
Petersburg**

**APRIL 18 - Trinity Lutheran  
Church, Charleston**

**9:00A.M.-4:00P.M.  
Registration 8:50 A.M.**

## DID YOU KNOW:

**1 IN 5**

One in five youth will experience a mental health challenge at some point during their life.

**17.1 Million**

17.1 million youth under the age of 18 have or have had a psychiatric disorder

- more than the number of children with cancer, diabetes, and AIDS combined.

**7.4%**

7.4 % of children in the United States have a mental health visit in a given year

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PLEASE MAIL TO THE ADDRESS ON THE REGISTRATION FORM

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## YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First aid is designed to reach those who work with adolescents (12-18 years of age). Pastors, teachers, coaches, family members, camp staff, and other caring adults who work with young people will learn how to assist someone who is experiencing a mental health or addictions challenge or is in crisis. You will be taught a 5-step action plan for how to help in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

The course is taught by Amy Gamble, a speaker, author of "Bipolar Disorder, My Biggest Competitor," an Olympian, Mental Health Advocate and a person who lives with bipolar disorder. She writes her blog "Shedding Light on Mental Illness" to raise awareness, help eliminate stigma and share a personal view on living with a mental illness. Ms. Gamble is the Executive Director for NAMI/Greater Wheeling.

## 4 REASONS TO BECOME A MENTAL HEALTH FIRST AIDER

1. **To be prepared:** Just as you learn CPR, learn how to help in a mental health crisis.
2. **Mental illnesses are common:** 1 in 5 youth will experience a mental health challenge at some point during their life
3. **You care:** Be there for a friend or family member
4. **You can help:** People with mental illnesses often suffer alone.

## WHY THE CHURCH?

As we seek to love others as Christ first loved us, this course will help us to reach out through our congregations as we begin the process of eliminating the stigma that surrounds mental illness. Through the initiative, "**Following Jesus to W.A.L.M.A.R.T**", we will encourage and equip congregations to take the next step in reaching out to those who are suffering. Wellness is our goal; Awareness is where it begins; Love is the balm; Ministry is our response; Acceptance saves lives; Resources will be made available to the entire community; Training is where the educational process and real change begins.

