

YOUTH MENTAL HEALTH FIRST AID ACTION PLAN

Step	Tips	Plan
A ssess for risk of suicide or harm	Use our “noticing” skills	If warranted ask: <i>Are you thinking of killing yourself?</i> If any immediate danger, call 911 and ask for a mental health responder team
L - Listen non-judgmentally	*Remember that often youth see having difficult conversations as “getting in trouble”.	Ask follow- up questions to the youth and be comfortable with silence
G - Give reassurance and information	*Always thank the youth for opening up. *Always leave the door open to talk in future conversations.	Normalize the fact that life is difficult
E - Encourage appropriate professional assistance	*Give choices on how to connect to a mental health professional *Acknowledge your limits to assist youth.	Where appropriate, connect youth to resources in your organizations' network or utilize contacts below
E - Encourage appropriate self-help strategies	*Often these can be the most tangible step towards recovery for youth and YMFHA aiders	Ask youth what strategies have helped in the past.

RESOURCES

Metro Crisis Line • 888-885-1222 • www.metrocrisiservices.org

Professional help by phone, 24/7, for any mental health or substance abuse problem including suicide. Available free, to all residents of the Denver Metro area

Mental Health Center of Denver Mobile Crisis Services 303-602-7220

Mobile Crisis Services (MCS) is a 24/7 service that provides mental health support to residents of Denver and to Mental Health Center of Denver consumers during and after a crisis. A licensed clinician provides consultation and evaluation by telephone or in the community. The licensed clinician works with the individual and his/her support system to determine if hospitalization is necessary. *Non crisis line: 303.504.6500*

OUR MENTAL HEALTH PROCEDURES