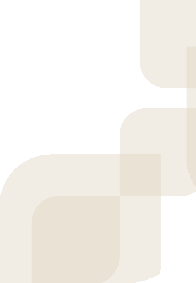
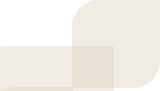


FIRST AID

MENTAL HEALTH

# WHY MENTAL HEALTH FIRST AID?



*This progr***“***am is a top-*

*notch service to area communities like ours and we are so grateful for the opportunity to have this program.”*

– Nikki Carber,

Speak Out Against Suicide

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Nearly

**1 IN 5**

U.S. adults lives with a Mental Illness.

*– National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration*

**630,000**

people died from drug overdose.

*– Centers for Disease Control and Prevention*

**123**

people die by suicide each day.

*– American Foundation for Suicide Prevention*

From 1999 to 2016,

On average,

# WHAT TO EXPECT

**WHO SHOULD TAKE IT**

* BLENDED LEARNING. Participants will receive an invitation by email to register with the national website. Then, they will be required to complete a 2-hour, self-paced online course. After this, First Aiders will be eligible to participate in a 5.5-hour, in-person, Instructor- led class.
* **FRIDAY, MARCH 25, 2022, 8:30 AM – 3:30 PM**
* Employers
* Police officers
* Hospital staff
* First responders
* Faith leaders
* Community members
* Caring individuals
* Higher Education

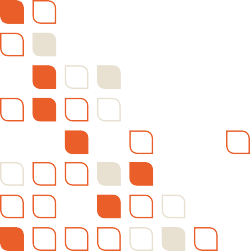
Professionals

# WHAT IT COVERS

* + Common signs and symptoms of mental illness
  + Common signs and symptoms of substance use
  + How to interact with a person in crisis
  + How to connect the person with help
  + NEW: Expanded content on trauma, addiction and self-care

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

* + - Assess for risk of suicide or harm.
    - Listen nonjudgmentally.
    - Give reassurance and information.
    - Encourage appropriate professional help.
    - Encourage self-help and other support strategies.



For more info, visit [**MentalHelathFirstAid.org**](mailto:MentalHelathFirstAid.org%20) or email [**Info@MentalHealthFirstAid.org**.](mailto:Info@MentalHealthFirstAid.org)