



MENTAL HEALTH FIRST AID OHIO

"As a mental health advocate, I found the Mental Health First Aid course curriculum to be very thorough and helpful on my quest to further strengthen my skills in assisting friends, family, neighbors and strangers alike with mental health challenges."

– Lesley Richard,
Columbus, Ohio

WHY MENTAL HEALTH FIRST AID?

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.

On average,

123

people die
by suicide
each day.

– American Foundation
for Suicide Prevention

From 1999 to 2016,

630,000

people died from
drug overdose.

– Centers for Disease Control
and Prevention

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

THREE LEARNING OPTIONS

VIRTUAL.
BLENDED LEARNING.
IN-PERSON.

Spend the day
with us and get
trained in Mental
Health First Aid.

WHO SHOULD TAKE IT

- Organizations that serve older adults
- Minority groups
- First responders
- Faith leaders
- Community members
- Certified peer recovery supports in Ohio (PRS)
- Colleges

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.