



MENTAL HEALTH FIRST AID

"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 live 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.

Qualified Organizations

- Organizations that focus on:
 - Older adults
 - Minorities
 - First Responders
 - Faith-Based
 - Veterans/Military
 - Certified Peer Recovery Supporters
 - 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

