

FREE - FREE - FREE



MENTAL HEALTH FIRST AID

Brought to you at
no charge by



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

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

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.

COURSE ACTIVITIES

Participants complete 2 hours of self-paced, online pre-work. Instructor Led Training session runs from 9:00-3:30 and includes time for a morning, lunch and afternoon break.

FREE TRAINING DATES

- Tuesday, June 1
- Tuesday, June 15
- Wednesday, June 23

Participants will earn MHFA certification and CEU's once course requirements are completed.

Who Should Take it

- School administrators
- Employers
- Supervisors
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members

This course is designed for people who work with other adults.

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



This program 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

REGISTER HERE