



MENTAL HEALTH FIRST AID

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 & 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 &
 Health & The Substance Abuse &
 Mental Health Services Administration

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.

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.

UPCOMING VIRTUAL TRAININGS

- **July 21 - 22, 2022**
- **August 12 & 25, 2022**
- **September 29 - 30, 2022**
- **October 13 - 14, 2022**
- **November 17 - 18, 2022**
- **December 8 - 9, 2022**

Trainings start at 0800-1600 CT (Day 1) & 0900-1030 CT (Day 2). Training seats for virtual classes are limited. Contact us to reserve your seat for one of our upcoming trainings today. Virtual 2-day training is held via Zoom platform.

REGISTER TO JOIN

Contact us today!

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*First Aiders will complete a 2-hour, self-paced online class before attending a two-day virtual training. Day one consists of a 5.5 hour, instructor-led training. Day two consists of a 1.5 hour drug trends workshop. ***Participants must be able to attend both days of training.***

What Does the MHFA Training Cover?

- 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
- Expanded content on trauma, addiction and self-care