

On average, there are 123 suicides a day, *American Foundation, for Suicide Prevention*



## Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses 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 appropriate care. First Aiders will complete a 2-hour, self-paced class, and then participate in a 4-hour, Instructor-led class using videoconferencing technology.

### 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:** How to administer naloxone in the event of an opioid overdose.

### WHO SHOULD TAKE IT

- Community members
- Employers
- Hospital staff
- First responders
- Faith leaders
- Police officers
- Caring individuals

### 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

**More than 1 million trained!**

<https://www.mentalhealthfirstaid.org/>

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*