Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

130

people die by suicide every day.

Source: American Foundation for Suicide Prevention

From 1999 to 2019,

841,000

people died from drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly

1 IN 5

in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

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.

THREE WAYS TO LEARN

- **In-person (2nd Edition)** – Learners receive their training during a 7.5-hour, Instructor-led, in-person session.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics.* https://afsp.org/suicide-statistics/

Centers for Disease Control and Prevention. (n.d.) *Drug overdose* deaths. https://www.cdc.gov/drugoverdose/deaths/index.html

National Institute of Mental Health (NIMH). (n.d.). *Mental illness.* https://www.nimh.nih.gov/health/statistics/mental-illness