



## MENTAL HEALTH FIRST AID



*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

### 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 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

### THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 7.5-hour, Instructor-led, in-person course.

### WHO SHOULD TAKE IT

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

### 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.