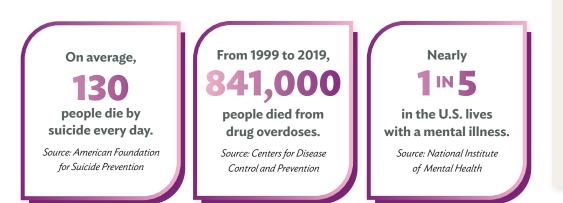


MENTAL HEALTH FIRST AID

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.



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.

THREE WAYS TO LEARN

- In-person Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **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.

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.

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_