



# 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 sign 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 Place (**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** - 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.

## NEXT TRAINING

June 9AM-  
**18** 3PM

**This is a virtual training.** Participants will be assigned self-paced prework to be completed before the live video conference. Prework must be completed by **June 12, 2023**

To register, visit [MHFA@truenorthwellness.org](mailto:MHFA@truenorthwellness.org)

Funded by Franklin/Fulton MH/IDD/EI

questions? contact TrueNorth at [mhfa@truenorthwellness.org](mailto:mhfa@truenorthwellness.org) or call 717-552-9594