



MENTAL HEALTH FIRST AID

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 8-hour 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.

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

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

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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT

www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.



WANT TO TAKE THE COURSE?

Where: Olive Branch Church, 4581 E 1200 N, Roann, IN 46974

When: May 30, 2020 8:30 AM to 5:00 PM

Register Here: <https://www.mhanci.org/news-events/our-events/event-calendar.html/calendar/2020/5>
or Call: 765-459-0309 or Email: Jill@MHANCI.org

MENTAL
HEALTH
FIRST AID®