



MENTAL HEALTH FIRST AID: SUICIDE PREVENTION

44,965

Americans die by
SUICIDE EVERY YEAR.

American Foundation for Suicide Prevention

For every suicide,

25

people

ATTEMPT SUICIDE.

American Foundation for Suicide Prevention

Suicide is the

3rd leading

cause of death in young
people between the
AGES OF 10 AND 24.

*CBS News via Centers for Disease
Control and 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**. In this 8-hour course, participants learn the unique risk factors and warning signs of mental health problems, the importance of early intervention and, most importantly, how to help someone experiencing a mental health or substance use emergency.

WHAT IT COVERS

- Assessing for risk of suicide or harm.
- Breaking down the bias against people living with mental illnesses, addictions and suicidal thinking.
- Reaching out to those who suffer in silence, reluctant to seek help.
- Informing individuals struggling with mental illnesses and addictions that support is available.
- Providing community resources.
- Making behavioral health care and treatment accessible to thousands in need.

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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.



“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*

**MENTAL
HEALTH
FIRST AID®**