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.

44,965 Americans die by suicide every year.

For every suicide, 25 people attempt suicide.

Suicide is the 3rd leading cause of death in young people between the ages of 10 and 24.

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

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

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