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 the appropriate care.

### 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

On average, there are 123 SUICIDES A DAY.

From 1999 to 2016, 630,000 people died from DRUG OVERDOSE.

Nearly 1 in 5 U.S. adults lives with a MENTAL ILLNESS.

“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

More than one million trained!