

MENTAL HEALTH FIRST AID



Suicide accounted for,

1 DEATH EVERY 11 MINUTES

– Centers for Disease Control & Prevention, 2020

In 2021,

106,669

people died from drug overdose.

– Centers for Disease Control & 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 & Health & The Substance Abuse &
 Mental Health Services Administration

The Course will teach you how to apply the ALGEE action plan:

- **A**ssess for risk of suicide or harm
- **L**isten non-judgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 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.

Training Details

Dates: Saturday, July 22, 2023

Time: 8:15AM-4:00PM

Location:

Mt. Rose Church
 13000 Crosby-Lynchburg Rd.
 Crosby, TX 77532

**Attendees are required to complete a 2-hour, self-paced, online class prior to the one-day training on July 22, 2023.

Registration Details

- ❖ Cost: \$25.00 per person (includes MHFA training manual and lunch)
- ❖ Class is limited to 30 participants!
- ❖ Clock hours available for Early Child Care Directors and staff.
- ❖ Register at: <https://MentalHealthFirstAid-July22-2023.eventbrite.com>
- ❖ Direct questions to: Robert Harris, robert.harris@ag.tamu.edu or (713)274-0950

What Does the MHFA Training Cover?

- 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
- Expanded content on trauma, addiction and self-care