

# MENTAL HEALTH FIRST AID FOR RURAL COMMUNITIES

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 [NSDUH] and the Substance Abuse And Mental Health Services Administration*

On average, there are

**129**

Suicides a day.

*National Foundation for Suicide Prevention*

In the U.S. in 2017,

**70,237** people died from **DRUG OVERDOSE**.

*National Centers for Disease Control and Prevention*



## Why Mental Health First Aid?

**Twenty percent of our nation's population lives in a rural area.**

While spread throughout our country, rural populations are an important underserved population that lives with significant health and behavioral health disparities. But rural Americans have strengths as well, including close-knit family ties and a strong sense of community.

Mental Health First Aid for Rural Communities builds upon these strengths by increasing knowledge about mental health and substance abuse issues and decreasing negative perceptions. This workshop teaches individuals how to notice and respond to signs of mental health and addiction changes with a specific focus on the cultural and environmental factors related to life in rural areas.

Mental Health First Aid is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health and substance use problems in adults and builds understanding of the importance of early intervention. The course demonstrates how to help adults in crisis or experiencing a mental health challenge, including how to assess a mental health crisis; select interventions and provide initial help; and connect adults to professional, peer, social, and self-help care.

### The course teaches 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

### WHO SHOULD TAKE IT

- Farmers • Families • Lenders
- Teachers • Law Enforcement
- First Responders
- Community Health Workers
- Faith Leaders
- Primary Care Providers
- Hospital Staff
- County Social Workers
- High School Counselors

**TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT**  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) OR EMAIL [Info@MentalHealthFirstAid.org](mailto:Info@MentalHealthFirstAid.org)

**MORE THAN TWO MILLION TRAINED!**