



MENTAL HEALTH FIRST AID: OPIOID RESPONSE SUPPLEMENT

On average,

115

Americans die every day from OPIOID OVERDOSE.

Centers for Disease Control and Prevention

About 66% of the more than

63,600

drug overdose deaths in 2016 involved AN OPIOID.

Centers for Disease Control and Prevention

The number of heroin users in the United States jumped from 404,000 in 2002 to

948,000

in 2016 — a

135%

INCREASE.

CNN via National Institute on Drug Abuse

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.

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

WHAT IT COVERS

- Signs and symptoms of an opioid overdose.
- Step-by-step instructions on how to respond to an opioid overdose, including how to administer naloxone.
- The context and statistics for opioid use and misuse.
- A discussion of concerns surrounding the opioid response steps.

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 was terrific. I especially liked that the material destigmatized the topic. I feel that I now know what to do in a crisis — how to administer naloxone.”

—Attendee of Pilot Program, *Portland, Oregon*



**MENTAL
HEALTH
FIRST AID®**