Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by suicide every day.

Source: American Foundation for Suicide Prevention

From 1999 to 2019,
841,000
people died from drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly
1 IN 5
in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

HOW TO REGISTER & COURSE FORMAT

Contact: Toshiba Rice at toshiba@jokhyki.com
Subject Line: AMHFA + (Training Date)
OR Text 919-295-2095

- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This instructor led training is a Zoom video conference.

  Training Date (choose one):
  August 29th | September 26th | October 24th
  Time: 10AM - 3:30PM

  Register up to 24 hours prior to training date.
  $80.00 per person (includes materials + 3 year certification)

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

A ssess for risk of suicide or harm.

L isten nonjudgmentally.

G ive reassurance and information.

E ncourage appropriate professional help.

E ncourage self-help and other support strategies.

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics.* https://afsp.org/suicide-statistics/

Centers for Disease Control and Prevention. (n.d.) *Drug overdose* deaths. https://www.cdc.gov/drugoverdose/deaths/index.html

National Institute of Mental Health (NIMH). (n.d.). *Mental illness.* https://www.nimh.nih.gov/health/statistics/mental-illness

Ask questions/get trained.
mhfa@imwell.network | 844-9-imwell | www.imwell.network