

# Mental Health First Aid USA



With nearly **1 in 5 Americans having a diagnosable mental health condition**, mental illness/substance abuse issues have become a pressing concern in the workplace, averaging \$80 to \$100 *billion* in direct costs to employers each year.

**Mental Health First Aid (MHFA)** is a certification program that teaches community members, workplace managers, and first responders how to recognize the symptoms of mental health problems and provide appropriate support to those suffering.

Coordinated through the National Council for Behavioral Health and the Missouri Department of Mental Health, the 8-hour MHFA course equips individuals with the skills to combat stigma surrounding mental illness.

## Participants will learn how to:

- Recognize signs of someone who may be struggling with a mental health or substance abuse challenge.
- Reach out to someone who may be dealing with a mental health or substance abuse challenge.
- Connect a distressed person to the appropriate resources in accordance with organizational policies.

The St. Louis Area Business Health Coalition (BHC) is pleased to partner with the Missouri Department of Mental Health in bringing this opportunity to members. Contact Lauren Remspecher at [lremspecher@stlbhc.org](mailto:lremspecher@stlbhc.org) for more information.

