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.** This 8-hour 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.

**WHO SHOULD TAKE IT**

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

**WHAT IT COVERS**

- 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.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

**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

On average, there are **123 SUICIDES A DAY.**

From 1999 to 2016, **630,000** people died from DRUG OVERDOSE.

Nearly **1 in 5** U.S. adults lives with a MENTAL ILLNESS.

“**This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program.”**

–Nikki Carber, Speak Out Against Suicide

More than one million trained!