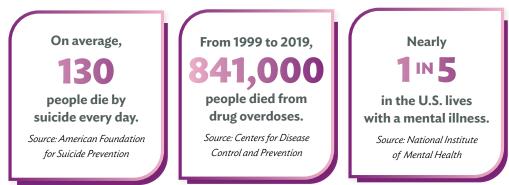


WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

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

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.



Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <u>https://afsp.org/suicide-statistics/</u> Centers for Disease Control and Prevention. (n.d.). *Drug overdose* deaths. <u>https://www.cdc.gov/drugoverdose/deaths/index.html</u>. National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <u>https://www.nimh.nih.gov/health/statistics/mental-illness</u>.

REGISTER TODAY!

Delivery Format:

Date and Time:

Location:

Where to Register:

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- **Encourage** self-help and other support strategies.