



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

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

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 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.

On average,

123

people die by suicide each day.

– American Foundation for Suicide Prevention

From 1999 to 2016,

630,000

people died from drug overdose.

– Centers for Disease Control and Prevention

Nearly

1 IN 5

U.S. adults lives with a Mental Illness.

– National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration

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:** Expanded content on trauma, addiction and self-care

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.



Date: Tuesday, August 6, 2024

Time: 8:00 am to 5:00 pm

Location: Carle Health and Fitness Center, Bloomington IL

Fee: \$12.00 (includes the manual, snacks, lunch, and course materials)

To register: Please use this link to register or call 309-888-5539:

<https://www.surveymonkey.com/r/2024mhfa>

