



# MENTAL HEALTH FIRST AID

On average, there are

# 123

SUICIDES A 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  
[NSDUH] and the Substance Abuse and Mental  
Health Services Administration*

## 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



TO FIND A COURSE, CONTACT AN INSTRUCTOR OR FOR MORE INFORMATION,  
VISIT [www.SafeandSoundHillsborough.org](http://www.SafeandSoundHillsborough.org) OR EMAIL [info@SafeandSoundHillsborough.org](mailto:info@SafeandSoundHillsborough.org).

**"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!



MENTAL  
HEALTH  
FIRST AID®

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)