



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

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.

On average,

130

people die by
suicide every day.

Source: American Foundation
for Suicide Prevention

From 1999 to 2019,

841,000

people died from
drug overdoses.

Source: Centers for Disease
Control and Prevention

Nearly

1 IN 5

in the U.S. lives
with a mental illness.

Source: National Institute
of Mental Health

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

Blended, In-Person One Day Program
Requires self-paced prework

Date and Time:

Saturday, September 19th, 9:00am to 3:00pm

Location:

Naugatuck Valley Health District
98 Bank Street, Seymour, CT 06483

Where to Register:

Click the link to register or scan the QR code

<https://forms.cloud.microsoft/r/1pTn8qtFuN>



For questions, contact
Austin Telford at atelford@nvhd.org 203-881-3255 x128

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.



Public Health
Prevent. Promote. Protect.
Naugatuck Valley
Health District

