

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 forDisease 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, Virtual Two-Day Program
Requires self-paced prework

Date and Time:

Wednesday, November 4th, 5:00 PM to 7:30 PM
Thursday, November 5th, 5:00 PM to 7:30 PM

Location:

Zoom Meeting

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
PHAB Advancing Public Health Performance
Naugatuck Valley medical reserve corps