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

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.

WHAT IT COVERS
- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

THREE WAYS TO LEARN
- In-person – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- Blended – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  » A video conference.
  » An in-person class.

Learning how to respond with the Mental Health First Aid 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.

Sources

To find a course or contact a Mental Health First Aid Instructor in your area, visit MHFA.org or email Hello@MentalHealthFirstAid.org.