



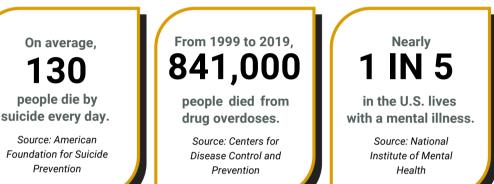
MENTAL HEALTH FIRST AID

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.

people die by

Source: American Foundation for Suicide Prevention



WHO NEEDS TO **KNOW MENTAL HEALTH FIRST AID**

- Corporation.
- Leadership.
- Management.
- Employers. •
- Law Enforcement
- Healthcare
- Hospitality Workers

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.

Learn 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

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