



# 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.

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

## WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employees.
- Corporation.
- Leadership.
- Management.
- Employers.
- Educators
- 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**):

- 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.

### 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>