



**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:

Complete a 2-hour self paced on-line course, and participate in an in-person, instructor lead training. Lunch included. \$40/person

### Date and Time:

Thursday, August 28, 2025

9:00am-3:30pm

### Location:

Elkhart County Health Department  
608Oakland Avenue, Elkhart, IN 46516

### Where to Register :



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.

For more information, please contact Amanda Noland at [anoland@elkhartcounty.com](mailto:anoland@elkhartcounty.com).