

## Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

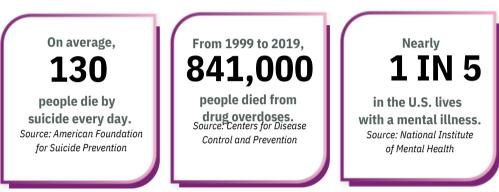
# MENTAL HEALTH FIRST AID

#### 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.



#### 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 inperson, instructor lead training. Lunch included. \$40/person

#### Date and Time:

Thursday, November 14th

9:00am-3:30pm

#### Location:

Elkhart County Public Services Building 4230 Elkhart Rd, Goshen, IN 46526

#### Where to Register:





Elkhart County Suicide Prevention Coalition The course will teach you how to apply the MHFA 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.