USA MENTAL HEALTH FIRST AID

MENTAL HEALTH FIRST AID

WPUNJ. 10/13/22!!! FREE.

On average,

123

people die by suicide each day.
– American Foundation for Suicide Prevention

From 1999 to 2016,

630,000

people died from drug overdose.
– Centers for Disease Control and Prevention

Nearly

1 IN 5 U.S. adults lives

with a Mental Illness.
– National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration

The course will teach you how to apply the ALGEE action plan:

- **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.

Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Three Learning Options

- **Virtual.** First Aiders will complete a 2-hour, self-paced online class, and then participate in a 5.5-hour, Instructor-led videoconference.
- **Blended Learning.** After completing a 2-hour, self-paced class, First Aiders will participate in a 4-hour, in-person, Instructor-led class.
- **In-person.** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

Who Should Take it

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

What it Covers

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care

"This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program." - **Nikki Carber**, Speak Out Against Suicide

This course is being provided by Skills for success through a grant from SAMHSA – **For MHFA information contact** marshallb3@wpunj.edu

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH