



# MENTAL HEALTH FIRST AID

On average, there are

# 123

SUICIDES A 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*

## Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.**

This 8-hour 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 appropriate care.

### 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:** How to administer naloxone in the event of an opioid overdose.

### WHO SHOULD TAKE IT

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

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

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

**More than 1 million trained!**

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT [www.mhfamissouri.org](http://www.mhfamissouri.org) OR EMAIL [Info@mhfamissouri.org](mailto:Info@mhfamissouri.org).

## WANT TO TAKE THE COURSE?

**Where:** Eldon Clinic Conference Room: 416 S. Maple St. Eldon, MO 65026

**When:** Wednesday, November 13<sup>th</sup>. 8am-5pm

**Register Here:** [www.mhfamissouri.org](http://www.mhfamissouri.org) and/or [aunewman@compasshn.org](mailto:aunewman@compasshn.org)



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