

# 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**  
people in the U.S. lives  
with a mental illness.

Source: National Institute  
of Mental Health

## 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.

## Training formats

- **In-person 1 Day:** Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **In-person 2 Day:** Learners receive their training during two 4-hour, Instructor-led, in-person sessions.
- **Blended, In-person 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, in person session.
- **Blended, Virtual 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, virtual session.

## Learn how to respond with the Mental Health First Aid 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.

### 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>