



MENTAL HEALTH FIRST AID



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

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.

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

ADULT MHFA CLASSES

- **Virtual** First Aiders will complete a 2-hour, self-paced online course and then participate in a 6 hour, Instructor-led zoom class

❖ **January 20th, 2023**

❖ **February 3rd, 2023**

❖ **February 24th, 2023**

❖ **March 17th, 2023**

*Exclusive Group Classes Available for
Organizations, Community Partners,
Municipalities*

Register Today, Contact:
Terry.Maurer@DignityHealth.org

Zoom Class Times: 9:00AM-4:00PM PST Cost: \$24.95 per participant

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

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.

Register Today for an Upcoming Class:

Terry.Maurer@DignityHealth.org