


# ADULT 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 [NSDUH] and the Substance Abuse and Mental Health Services Administration*

MENTAL HEALTH FIRST AID®

## 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 the appropriate care.

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

**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

FOR MORE INFORMATION, CONTACT MORGAN GRANT: *morgan.grant@comphc.org, (509) 941-8594*
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**July 28, 2021 | 8:30 a.m. - 3:30 p.m.**

**This is a virtual class. Deadline to register is July 14. To register, email MHFA@comphc.org**

Comprehensive HEALTHCARE