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 in the U.S. lives with a mental illness. (Source: National Institute of Mental Health)

REGISTER TODAY!

Delivery Format:
In person hosted by Camp Wellness. Class is $50 to attend.

Date and Time:
Saturday October 21 from 9:00 am - 5:30pm

Location:
1030 N Alvernon Way

Where to Register:
Visit Eventbrite: https://www.eventbrite.com/e/mental-health-first-aid-training-tickets-726372468607?

The course will teach you how to apply the MHFA 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