



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



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 live 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

THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

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.

Registration for Mental Health First Aid Training



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid — Mental Health First Aid is a skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches people to safely and responsibly identify and address a potential mental health or substance use challenge. Mental Health First Aid, sometimes called Adult Mental Health First Aid, is available in English and Spanish.

Full Name:

Email Address:

Telephone #:

County of your residency:

Employer:

Job:

Training day preference – do you prefer weekday or Saturday – do you prefer one long 6-hour session or two 3-hour sessions?

Briefly state the reason you are interested in taking this class:

[SUBMIT \(CLICK HERE\)](#) and upload as attachment



¿POR QUÉ PRIMEROS AUXILIOS MENTALES?

De media, hay

123

SUICIDIOS DIARIOS

American Foundation for Suicide Prevention

Entre 1999 y 2016,

630.000

personas murieron de SOBREDOSIS

Centers for Disease Control and Prevention

Casi **1** de **5**

adultos en EEUU convive con una ENFERMEDAD MENTAL

*National Institute of Mental Health via the
National Survey on Drug Use and Health
(NSDUH) and the Substance Abuse and Mental
Health Services Administration*

¿Por qué primeros auxilios mentales?

Los primeros auxilios mentales te enseñan a **identificar, entender y responder a los signos de enfermedad mental y trastornos por abuso de sustancias**. Esta formación de 8 horas te capacitará para proporcionar apoyo inicial a personas que estén sufriendo problemas mentales o de abuso de sustancias y ponerlos en contacto con un profesional adecuado.

PARA QUIÉN ES

- Empleados
- Oficiales de policía
- Personal de hospital
- Primeros auxilios
- Guías espirituales
- Miembros de la comunidad
- Personal de cuidados

QUÉ TRATA

- Signos y síntomas comunes de enfermedad mental.
- Signos y síntomas comunes de abuso de sustancias.
- Cómo interactuar con personas en crisis.
- Cómo proporcionarle ayuda a la persona.
- **NUEVO:** Cómo administrar naloxone en caso de sobredosis de opiáceos.

El curso te enseñará a aplicar el plan de acción ALGEE:

- Evaluar el riesgo de suicidio o daño
- Escuchar sin juzgar
- Dar seguridad e información
- Animar a pedir ayuda profesional pertinente
- Fomentar la auto-ayuda y otras estrategias de apoyo

PARA ENCONTRAR UN CURSO O CONTACTAR CON UN INSTRUCTOR LOCAL, VISITA

www.MentalHealthFirstAid.org O ESCRIBE A Info@MentalHealthFirstAid.org.



“Este programa es un servicio de alta calidad para comunidades como la nuestra y estamos muy agradecidos de tener la oportunidad de participar en él”.

–Nikki Carber, *Speak Out Against Suicide*

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

MENTAL
HEALTH
FIRST AID®

MENTAL HEALTH FIRST AID FOR VETERANS

Nearly **1 in 4**
active duty members showed
signs of a mental health condition,
according to a 2014 study.
- *National Alliance on Mental Illness via
JAMA Psychiatry*

20 veterans
die by suicide each day.
- *U.S. Department of Veterans Affairs*

About **18.5%**
of service members returning
from Iraq or Afghanistan have
**post-traumatic stress disorder
(PTSD) or depression**.
- *Substance Abuse and Mental Health
Services Administration*

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Why Mental Health First Aid?

Mental Health First Aid for Veterans, Military Members and their Families teaches you how to identify, understand and respond to signs of mental illnesses 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 appropriate care.

What it Covers

- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.

Who Should Take it

- Military members
- Veterans
- Families and friends of military members or veterans



So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place."

— **Tousha Paxton-Barnes**, U.S. Army Veteran

MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY

Almost **10%**
of police calls involved someone
with a **mental illness** in 2014.

- National Public Radio (NPR)

Nearly **1 IN 4**
police officers think of **suicide** at
some point in their life.

- National Alliance on Mental Illness via
2009 Centers for Disease Control and
Prevention Report

1.2 MILLION
individuals living with mental illness
are in **jail and prison** each year.

- Mental Health America

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Why Mental Health First Aid?

Mental Health First Aid for Public Safety teaches you how to identify, understand and respond to signs of mental illnesses 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. It focuses on the unique experiences and needs of public safety personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

What it Covers

- Defusing crises.
- Promoting mental health literacy.
- Combating stigma of mental illness.
- Enabling early intervention through recognition of signs and symptoms.
- Connecting people to care.

Who Should Take it

- Law enforcement
- Corrections officers
- Other first responders
- 911 dispatch staff



Public safety officers, regardless of rank or position, may find themselves confronted with a mental health crisis. My Mental Health First Aid training helped me save a life, and regular incidents serve as reminders of how public safety officers fall back on their training in times of crisis."

— **Captain Joseph Coffey**, Ret., Rhode Island Municipal Police Academy and Mental Health First Aid National Trainer

MENTAL HEALTH FIRST AID FOR OLDER ADULTS

About

15%

of adults aged 60 and over
have a **mental disorder**.

- World Health Organization

More than

1 MILLION

people aged 65 or older had a
substance use disorder in 2014.

- Substance Abuse and Mental Health
Services Administration

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Why Mental Health First Aid?

Mental Health First Aid for Older Adults teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training — which focuses on the unique experiences and needs of adults over the age of 65 — 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.

What it Covers

- A discussion of life changes that occur in older adults.
- A discussion of the specific risk factors faced by older adults, such as chronic health conditions.
- How to discern the difference between talking about death and suicidal ideation.
- A breakdown of psychosis, dementia and delirium.
- How to communicate effectively with those who need help while using respectful language.
- How to combat the stigma around substance-related problems in the older adult population.

Who Should Take it

- Families
- Caretakers
- Employers
- Nursing staff



A review of the evaluations showed that those who completed the training found it to be an extremely positive and valuable experience. This partnership with the National Council of Behavioral Health and Allergan to provide the Mental Health First Aid: Older Adults curriculum throughout the state of New Jersey has helped us build a case for the need to increase mental health literacy and reduce stigma within this population."

— **Ruth Kaluski**, Director of Career Connection Employment Resource Institute at the Mental Health Association in New Jersey