



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

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
in the U.S. lives
with a mental illness.

Source: National Institute of Mental Health

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>

Complimentary Adult **Mental Health First Aid** Training Opportunity! (Two four-hour classes)

- **Dates--** Monday, May 20th **AND** Tuesday, May 21st
- **Time--** Doors open 8:00am each day. Class begins promptly at 8:30am. Class ends at 12:30pm.
- **Location--** The Cotton Building, 607 Water Street, Port Townsend, WA 98368
- **Registration--** Email Anne Dean at anned@discoverybh.org
- **Questions?** Please call 360-385-0321, ext 122

Training, Workbooks & Snacks provided by:

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.

