



Mental Health **FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

FREE Community Training
For adults helping adults

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.

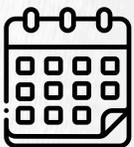
Source: National Institute
of Mental Health

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- ASSESS** for risk of suicide or harm
- LISTEN** non-judgmentally
- GIVE** reassurance and information
- ENCOURAGE** appropriate professional help
- ENCOURAGE** self-help and other support strategies

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health and substance use challenges.
- How to interact with a person experiencing a mental health challenge or a crisis.
- How to connect the person with help.



Date:

January 24,
2025



Time:

9 AM to 4 PM
1 hour lunch break
from 12-1



Location:

Virtual over ZOOM.

Link to be provided day before training. Requires 2 hours of self paced online pre-work prior to instructor led session.



TO REGISTER

[www.eventbrite.com/e/
1057547074769](http://www.eventbrite.com/e/1057547074769)

For question please email
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Denton County
MHMR Center