



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
and the Substance Abuse and Mental
Health Services Administration*



Help sponsor Faith Leaders, Police Officers,
School Teachers, Employees, EMS Personnel
or Host A Company Workplace Course

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 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

More than 1 million trained!

TO HOST A COURSE AT YOUR LOCATION, CONTACT NATIONAL
TRAINING INSTRUCTOR

VISIT pathways2promise.org / EMAIL: darryl.jenkins@pathways2promise.org

Become A Host Outreach Training Site:

Call Today For Information About Becoming A Host Site: (314) 810-2234 ext. 702

Classes Forming: For Spring and Summer of 2020

Enroll your site today: darryl.jenkins@pathways2promise.org



MENTAL
HEALTH
FIRST AID®