



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID TRAINING

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.



Northland Pioneer College

COMMUNITY & CORPORATE LEARNING

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals &
- Helping roles

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

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis. • How to connect a person with help. • Expanded content on trauma, substance use and self-care.

9:00 AM - 4:00 PM

November 15th, 2024 Learning Center Symposium Silver Creek Campus Snowflake, AZ

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

- 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.

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>

Registration Open to NPC Students, Staff, and Faculty

Register online at NPC.edu/noncredit-classes, call: (928) 536-6244, or email ccl@npc.edu