



**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. • Businesses.
- Church Volunteers. • Neighbors.

**REGISTER TODAY!**

## 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>

## Where to Register:



This training  
fully sponsored  
by Brook Lane  
and is \$0 cost to  
attendees.

### Course Includes:

- Grab 'n Go Breakfast
- Lunch
- Comprehensive course materials



**BROOK LANE**

*Hope • Healing • Recovery*

an affiliate of **Meritus Health**

The course will teach you how to  
apply the MHFA 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.

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