



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID FOR MILITARY, VETERANS, AND THEIR FAMILIES

So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place."

— **Tousha Paxton-Barnes**,
U.S. Army Veteran

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Military, Veterans, and their Families is an evidence-based and early intervention training program developed for adults to learn how to assist and support members of their community who may be experiencing a mental health or substance use challenge.

This training specifically addresses the relevance of mental health to the military community, information on risk factors such as mental and physical trauma faced by many service members and their families, how to break down stigma and how to reach out to those who suffer in silence and are reluctant to seek help.

Nearly
1^{IN} 4*
active duty members
showed signs of a
mental health
condition.

The suicide rate
for veterans is
57%
GREATER*
than non-veterans.

88%*
of veterans' caregivers
report increased stress
or anxiety.

*the original research for the displayed statistic is linked

Where to Register:



Course Includes

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

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



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.