



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID TRAINING

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID TRAINING?

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>

REGISTER TODAY!

Date and Time:

March 8, 2025 from 9am - 3pm

This training is an In-person session that lasts about 6 hours. It requires 2 hours of independent pre-work.

Location:

Gates Presbyterian Church 1049 Wegman Road, Gates, NY

Where to Register:

Scan the QR code to the right to register.

Lunch & childcare will be provided !



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.

This training is open to the public.